



TO CHERISH ALL LIFE: BUDDHA'S FIVE PRECEPTS

4 Tuesdays | 7pm-9pm with Mushim

September 18, 25 & October 2, 9 2012

Space is limited and registration is required at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration information.

Cost: The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the meditation center and the support of the teachers.

East Bay Meditation Center

www.eastbaymeditation.org

2147 Broadway

Oakland, CA 94612

(near 19th Street BART in downtown Oakland)

In order to protect the health of community members with environmental illness, please do not wear fragranced products (including "natural" fragrances) or clothes laundered in fragranced products to EBMC.



Mushim (Patricia Ikeda) is a Buddhist teacher, writer, and community activist. She is a core teacher at EBMC, guiding teacher of the Practice in Action yearlong program, and she teaches meditation retreats nationally for people of color, social justice activists, and women. She has both lay and monastic experience.

www.mushim.wordpress.com

