



Making Right Speech Possible With Marlena Willis & Kamala Itzel Berrio

4 Mondays: May 5, 12, 19 & 26, 2014
7:00 PM – 9:00 PM

Many find right speech the hardest of the precepts to practice. Nonviolent Communication, as taught by Marshall Rosenberg, Ph.D., offers a way to address difficult issues, either in our personal life or in our work for social change, in a way that is kind and compassionate and keeps the door open for connection. Using it increases the possibility that we will actually get what we want rather than create more conflict. In this class series, we will explore the components of Nonviolent Communication in light of the Buddha’s teachings.



Registration

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

Dana

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.

Fragrance-Free Policy

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.



EBMC is wheelchair accessible



Marlena Willis has practiced Buddhist meditation for many years, including intensive retreats. She was involved in early diversity work in the Buddhist communities in northern California, organizing five people of color meditation daylongs from 1992-1994, as well as diversity trainings for the community as a whole. She has completed the BayNVC Leadership Program and has taught NVC at her church (the First Unitarian Church of Oakland) and for people with chronic illness and disability.



After experiencing the loss of a relationship, job, and beloved family member within a two-month period, **Kamala Itzel** turned to meditation and yoga to address questions she had begun asking herself about the nature of life and loss. She has practiced Buddhist meditation since 2001 and has been sharing nonviolent communication with others since 2010. In 2010, she left her successful career as an attorney to follow her bliss and to embolden others to do the same. She is now a certified yoga teacher (RYT500) and certified life and career coach at www.attunedliving.com. Contact her at info@attunedliving.com.

EAST BAY
meditation center

285 17th Street
Oakland, CA
eastbaymeditation.org

Founded to provide a welcoming environment for people of color, members of the LGBTQI community, people with disabilities, and other underrepresented communities, the East Bay Meditation Center welcomes everyone seeking to end suffering and cultivate happiness. Our mission is to foster liberation, personal and interpersonal healing, social action, and inclusive community building. We offer mindfulness practices and teachings on wisdom and compassion from Buddhist and other spiritual traditions. Rooted in our commitment to diversity, we operate with transparent democratic governance, generosity-based economics, and environmental sustainability.