



Write Action: Meditation & Writing for People of Color

A one-day retreat with Mushim

Saturday, May 10, 2014

10:00 AM — 5:00 PM

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

This daylong retreat is for any Person of Color who desires to write – whether you are an experienced writer or a novice attempting to put together your first poem or story. The day will include basic meditation instruction and writing periods with suggested exercises and time for free-writing, and will include an open-mic sign-up for those who wish to share brief samples of their work.

Please bring a bag lunch, and feel free to bring unfinished projects (short excerpts of poetry, memoirs, fiction, etc.) for small group input during the lunch period.

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Mushim has published poetry, Buddhist essays, and autobiographical fiction widely under the names "Patricia Y. Ikeda" and "Mushim Ikeda-Nash." A core teacher at EBMC, she teaches meditation retreats for people of color and social justice activists nationally. Mushim is the first recipient of the Ragdale Foundation's Alice Hayes Writing Fellowship supporting work on a book-length manuscript, *Elegy with Blue Shirt, Tie & Gun*. See <http://mushim.wordpress.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.