



# Introduction to Kingian Nonviolence Conflict Reconciliation

## A two-day workshop

With Kazu Haga, Stephanie Chin, Theresa Pualei  
Guy, and Mica Stumpf

Saturday, July 19 10:00 AM – 6:00 PM

Sunday, July 20 10:00 AM – 5:30 PM

### Registration

Space is limited & registration is required.  
Register at [www.eastbaymeditation.org](http://www.eastbaymeditation.org) or  
email [admin@eastbaymeditation.org](mailto: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 two-day training will provide participants with a comprehensive introduction to the philosophy and strategy of Kingian Nonviolence. It is useful for anyone who deals with conflict: inter-personal or larger social conflicts, whether in your personal life, in the workplace, or in your work for social change.

During this training, we will go over the types and levels of conflict, readings and analysis of Dr. King’s thinking, the six principles of nonviolence and the six steps of nonviolence. The training will include lectures, role-plays, video presentations, and other interactive activities. More information available at [www.eastpointpeace.org](http://www.eastpointpeace.org).

**EAST BAY**  
meditation center

285 17th Street  
Oakland, CA  
[eastbaymeditation.org](http://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.