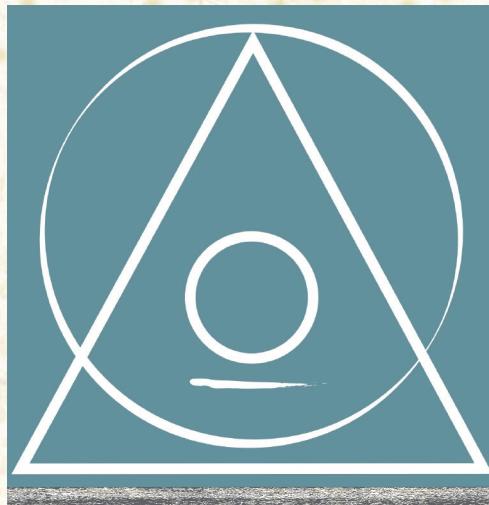


Embodied Awareness, Embodied Action: The Work of Conscious Embodiment/Leadership Embodiment



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

EAST BAY
meditation center

285 17th Street
Oakland, CA
eastbaymeditation.org

A class series with **Paul Ciske, Ph.D.**; **Anjali Sawhney, MBA**; "**RJ**" **Ron Jennings, ICF**

Daylong, Saturday, August 9: 10AM – 4PM

3 Mondays: August 11, 18, 25: 7PM – 9PM

The insightful work of Conscious Embodiment/Leadership Embodiment allows us to see, and hold with kindness, our limiting habitual reactive patterns that arise with the pressures of life. The work also cultivates a greater capacity for returning to the natural state of compassion and wisdom we call "Center". All this is accomplished through simple interactive exercises that metaphorically represent ways we relate to others and ourselves in our life and on the meditation cushion. The result is greater embodied awareness, and embodied wise and compassionate action.



Paul Ciske, Ph.D. has a private practice in Oakland called "Your Well-Being". He uses a variety of techniques for communicating with the nervous system to improve his client's capacity to participate in all the life activities of their choosing.



Anjali Sawhney, MBA is an Integral Life Coach and a Conscious/Leadership Embodiment Teacher. With over a decade of experience, she focuses on those going through significant life transitions.



RJ (Ron Jennings) is an Integral Coach, and he can be found at his company www.soulfulview.com. He is a student of Aikido (a spiritual martial art) with a deep connection to Embodiment International. RJ uses his abilities as a coach to navigate unpredictable business and life waters, and to empower his clients to grow and succeed.

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.