

## People of Color Yoga

New weekly group led by Satya de la Paz

Every Thursday, 6:00 PM – 7:00 PM (before the POC sitting group)

Beginning August 1

Build strength and flexibility while cultivating mindfulness in this all levels hatha yoga class. Each class has a unique, inspiring theme and personalized instruction that will leave you feeling joyous and rejuvenated. No registration required.



## In the Flow

With Rev. Keiryu Liên Shutt and Joan Doyle

Saturday, August 3, 10:00 AM – 4:30 PM



What is it like when you are in the flow? What does effort look like as we go through our busy lives?

During this day we will investigate what effort feels like, when it takes lots of energy and when it comes easily. We will learn both Vipassana and Soto Zen approaches to help us understand when we are in the flow and how we tend to get in our own way. We'll learn ways to let go

of extra effort, making it easier to get "in the flow," bringing more peace and ease to our lives.

## The Heart of Vipassana: Cultivating a Mindful Practice

Led by Carol Cano

Sunday, August 4, 9:00 AM – 12:30 PM

The Buddha never separates these two practices: mindfulness meditation and concentration meditation. They help each other in the practice of right mindfulness and right concentration. We will explore the purpose of mindfulness practice that leads the mind into a state of concentration and how it can help us deepen our practice. We will discuss taking our practice off the cushion and into our lives by developing more compassion and loving kindness towards ourselves and others.

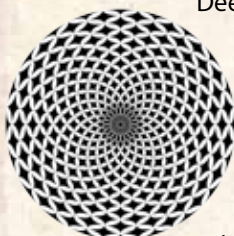


## Deeper Still Teen Sangha

Led by Devin Berry and Devon Rath

1st and 3rd Sundays, 1:00 PM – 2:30 PM

August 4 and August 18,



Deeper Still Teen Sangha is a bi-monthly meditation group for teens ages 14 to 18.

Our focus will be on creating deeper relationship with ourselves and each other through having fun, getting real and supporting each other's practice.

Learn meditation and explore the dharma in creative experiential ways. No experience necessary. We are committed to maintaining a diverse sangha that is welcoming to all.

## Drawing for Greater Awareness

A drawing & meditation workshop with Sylvia La

Saturday, August 10, 10:00 AM – 5:00 PM

Why do we draw? Because we want to observe the world for what it is. If we can spend even five minutes observing an object for all its characteristics, without judgment, associations, abstractions, and other filters that separate us from its reality, then we are actually seeing something, and that allows us not only to become better at drawing, but also more sensitive, aware, and alive in the world.

We will do simple, concrete drawing and perception exercises to hone our powers of observation and increase our level of awareness. Please bring:

- sketchbook 8" x 10" or larger, or other paper
- one small drawing object
- soft graphite pencils (e.g. #2), and a pencil sharpener
- your own lunch and water bottle

All are welcome. No drawing or meditation experience necessary.

## Surviving Illness & Returning to Wholeness

A daylong for women of color with Susana Renaud

Sunday, August 11, 10:00 AM – 4:30 PM

*May the stars carry your sadness away,  
May the flowers fill your heart with beauty,  
May hope forever wipe away your tears,  
And, above all, may silence make you strong.*

— Chief Dan George

This daylong will offer moments of mindfulness practices that will include: community altar building, ritual, contemplative witnessing and sharing, Restorative and Yoga Nidra, and metta, compassion, sitting, walking and dance practice!

*Simply turning the attention inward to the body  
and the breath is a process of healing, of returning  
to balance.*

— Maritza, *Meditation for Beginners*







## Turning Lead into Gold

With Spring Washam

Saturday, August 24, 2013, 9:30 AM – 5:00 PM

At certain points in our lives everything just falls apart. Can we fall apart with grace seeing everything that is happening as a necessary part of the path? Every silver lining has a thread of gold and we can learn from life's most difficult situations.

In this daylong, we learn tools on how to sort through the madness and find the gems. Life is school and every situation is a beautiful opportunity to learn! This daylong will include talks on the theme of the day, meditation practice and some group work.

## Introduction to Kingian Nonviolence Conflict Reconciliation

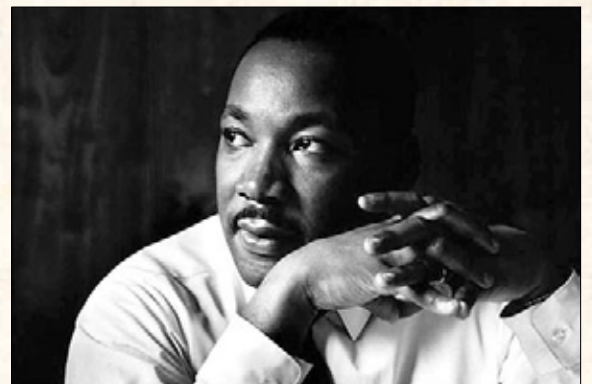
A two-day workshop with Kazu Haga and assisting trainers

Saturday, August 31, 9:00 AM – 5:00 PM

Sunday, September 1, 9:00 AM – 12:30 PM

This two-day training will provide participants with a comprehensive introduction to the philosophy and strategy of Kingian Nonviolence. This training 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 is available at [www.ppwn.org](http://www.ppwn.org).



## TEACHER BIOS

### Devin Berry



Devin is a co-founder of Deeper Still, the teen sangha at EBMC. He has been practicing meditation since 1999, both in the Plum Village tradition of Thich Nhat Hanh and in the Vipassana practice of Spirit Rock and IMS. Devin completed the first Commit2Dharma program at EBMC and is a graduate of

Mindfulness Based Stress Reduction teacher training practicum.

### Carol Cano



Carol is co-founder and Guiding Teacher for Philippine Insight Meditation Community and co-founder of Templa Wellness in the Philippines. She started her practice 25 years ago at Wat Kow Tahm in Thailand. She moved to San Francisco in 1991, where she was introduced to Spirit Rock Meditation Center and

the teachings of Jack Kornfield.

Carol served on the Diversity Council with SRMC for several years, was mentored by Jack Kornfield the last four years, and completed the Community Dharma Leader program with SRMC. She has a unique cross-cultural braiding of Native American and Basque Spirituality that complements her Dharma practice.

### Satya de la Paz



Satya began practicing yoga in 2004, seeking relief from chronic injury from years as an athlete. She quickly fell in love with yoga's ability to heal the mind, body, and heart. She has been teaching yoga and practicing healing arts since 2007 and has studied with Bridget Kramer Woods, Chrissy and Kenny Graham,

Jazz Poiter, and Paula Tursi. Drawing from the traditions of Anusara Yoga, Iyengar Yoga, and Buddhism, she challenges students to play at their edge while cultivating awareness and connection to their highest potential.

### Joan Doyle



Joan has practiced Buddhism for 15 years and is committed to celebrating the diversity of our human sangha, expanding concepts of gender, and living in ways that honor the sacredness of the earth. She is in the Community Dharma Leader Program through Spirit Rock Meditation Center.

### Kazu Haga



Kazu's introduction to social justice came at 17, when he participated in the Interfaith Pilgrimage of the Middle Passage, a walking journey to retrace the slave trade. He is a Level II Kingian Nonviolence Trainer and is also certified in Alternatives to Violence.

He is the Operations Director and Bay Area Coordinator of the Positive Peace Warrior Network, and is on the board of Communities United for Restorative Youth Justice, OneLife Institute and PeaceWorkers.







TEACHER BIOS continued

Sylvia La



Sylvia is an artist and dharma practitioner. She has been drawing and painting for over 18 years. She exhibits her art statewide, has collaborated on community murals, and teaches classes on painting and contemplative drawing.

La practices meditation, hatha yoga, prayer, and mantra under the guidance of her spiritual teacher, Haricharan Das. She has received blessings and teachings from teachers in the US and India, including HH Dalai Lama, the Ven. Kirti Tsenshab Rinpoche, Ammaji, and Guru Mata Keshavadas. For more information, visit [www.sylviala.com](http://www.sylviala.com)

Devon Rath



Devon has been studying dharma and practicing Vipassana meditation since 1997. She graduated with her MSW from the University of Pennsylvania in 2002. Since that time she has worked with teens in many different capacities.

Currently she works in a public school in San Francisco, teaching mindfulness, facilitating therapeutic groups and doing emotional triage. Since she was young, dharma practice has been a refuge in hard times, and she is passionate about offering the practice to young people in hopes they may find greater freedom.

Susana Renaud



Susana was diagnosed with breast cancer in 1999 leading her to "dive deeply into the Dharma" to heal herself and begin her journey of true love and balance. Since then she has entered the doors of many life passages; grieving the loss of her mother, entering menopause and now aging.

She is a dedicated practitioner of the Dharma, teaching mindfulness yoga and meditation to many populations in the Bay area, both in Spanish and English. She is the guiding teacher for La Casa del Corazón Sangha.

Learn more by going to:

[www.MindfulnessForEverybody.com](http://www.MindfulnessForEverybody.com)

[www.AtenciónPlenaParaTodos.com](http://www.AtenciónPlenaParaTodos.com)

Facebook: [casacorazon@groups.facebook.com](https://www.facebook.com/casacorazon@groups.facebook.com)

Rev. Keiryu Liên Shutt, LCSW



Rev. Shutt was ordained in 2005 with Zenkei Blanche Hartman. After extensive monastic practices in the U.S. and overseas, she intends to share ways in which the deep settledness of traditional practices can be brought into everyday life. To access talks and other retreat information, please go to [www.sfzc.org](http://www.sfzc.org) or

contact her at [joyinzen@att.net](mailto:joyinzen@att.net).

Spring Washam



Spring is a meditation and dharma teacher based in Oakland, California. She was trained by Jack Kornfield and now leads Vipassana and Metta retreats throughout the country. Spring is one of the founders of the East Bay Meditation Center in Oakland where she teaches daylong retreats and weekly classes.

She is also a member of the Spirit Rock Teachers Council.

Spring is considered a pioneer in bringing mindfulness based healing practices to inner city communities. In addition she has extensive training in indigenous healing practices and works with students individually from around the world. Visit her site at [www.springwasham.com](http://www.springwasham.com)

IMPORTANT INFORMATION

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.

