

## Going Deeper in the Dharma: A Group for Experienced Practitioners

March 2013 session led by Mushim

Saturday, March 2, 9:30 AM – 1:00 PM

Are you an experienced meditation practitioner looking to deepen and broaden your Dharma? Do you feel a need to connect with spiritual friends who have been on the Dharma path for awhile?

Bring your practice and your love for the Buddhadharma to a monthly group for experienced practitioners. We will do silent meditation together, in stillness (sitting) and in motion (walking, or gentle movement for folks with mobility limitations),



without explicit guidance. You are assumed to have a meditation practice. And, together, we will explore teachings, readings, and topics to continue our spiritual journey in the teachings of the Buddha.

## Introducción a la Meditación Con Atención Plena Para Hablantes Nativos de Español / Introduction to Mindfulness Meditation for Native Spanish Speakers

Una serie de Clases con Susana Renaud /  
A daylong with Susana Renaud

Sunday, March 3, 9:30 AM – 4:30 PM

Te gustaria aprender una manera para sentirte mejor de ánimo, desarrollar mejores relaciones contigo mismo, con tu familia, amigos y compañeros de trabajo, sentándote y relajándote en un lugar seguro y sin juicios?

Te invito a que asistas a nuestro taller especial de 4 Semanas para hablantes en Español de nuestra comunidad latina, donde aprenderás nuevas maneras que te ayudarán a conseguir un mejor bienestar en tu vida.

Este grupo de meditación ha sido reservado para el Chicano/a, Latino/a, Nativo de habla español y de la comunidad diáspora de América Latina.

Would you like to learn a way to feel better emotionally, develop better relationships with your self, family, friends and co-workers? Would you like to learn how to do this in a safe and secure environment?

We invite you to attend our daylong for native Spanish speakers from our Latino/a community, where you will learn new ways to achieve a better sense of well-being.

This meditation group has been reserved for the Chicana/o, Latina/o, Native Spanish Speaking and the América Latina Diasporic community.



## Jumping into Zen

A daylong with Rev. Keiryu Lien Shutt

Saturday, March 9, 9:30 AM – 3:30 PM

"I will try to do it' is you are hesitating. 'I will do it' is like to jump into the ocean." - Suzuki Roshi

Curious about "Zen"? Wonder what those forms and rituals are about? Come jump into the warm ocean of Soto Zen with this daylong!

This retreat explores the teachings and practice styles of Soto Zen, including its historical, practical, mindful and communal aspects. Sitting and walking meditation, Dharma discussions and opportunities to engage with simple forms such as bowing and chanting will be presented, discussed and bodily experienced. Open to all; beginner's mind always welcomed.



## Introduction to Mindfulness

A one-day retreat with Charlie Johnson

Sunday, March 10, 10 AM – 5 PM

Do you have an interest in meditation? Have you ever wanted to attend a meditation group gathering or retreat but were reluctant because you did not know much about it?

Join us for an opportunity to explore everything you may have wondered about meditation (e.g. What is it? Where does it lead? How is it done? Are there different types? Is it necessarily associated with Buddhism? Do you have to sit on the floor?). At this retreat we will address all of these questions and learn a powerful type of meditation called Mindfulness or Insight Meditation.

## Daylong for Those Dealing with Illness and Disability

A one-day retreat with Charlie Johnson  
and Jim Willems

Sunday, March 24, 10 AM – 5 PM

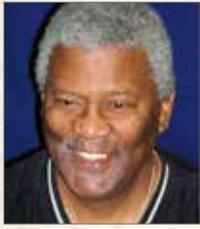
Mindfulness and Loving-kindness practices are powerful tools that help us navigate what the body and mind may offer us, including disabilities, ongoing illnesses, injuries or pain. In this daylong retreat, there will be time to meditate, practice simple mindful movement, share our stories, laugh, and enjoy each other's spirit.

We will explore how dharma practice can lead to greater ease in the midst of vulnerability, and how we can cultivate our natural capacity to be present and work with suffering and fear of the unknown.





TEACHER BIOS



**Charlie Johnson**

Charlie teaches Mindfulness Based Stress Reduction, yoga, qigong, meditation, and the Dharma in the greater San Francisco Bay Area. He has been practicing meditation and yoga since 1972 and teaching for over

fifteen years. Charlie is a certified yoga instructor, a member of the California Yoga Teachers Association and is registered with the Yoga Alliance. He has served on the EBMC Leadership Sangha and the Spirit Rock Meditation Center's Board of Directors.



**Rev. Keiryu Lien Shutt**

Rev. Shutt was ordained in 2005 in the Shunryu Suzuki Roshi lineage. After extensive monastic practices in the U.S. and overseas, she endeavors to share ways in which the deep settledness of traditional practices can be brought into everyday

life. To access talks, practice discussions 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)



**Mushim (Patricia Ikeda)**

Mushim is a core teacher and Leadership Sangha member of EBMC. She teaches meditation retreats for people of color, social justice activists, and women nationally. Her Buddhist training has included both monastic and lay experience in North

America and Asia since 1982, and she is also an author, mother, and diversity consultant. See [www.mushim.wordpress.com](http://www.mushim.wordpress.com)



**Jim Willems**

Jim teaches vipassana and jhana meditations. He began practicing meditation in 1960 while he was bedridden with an autoimmune illness for six months. He was given permission to teach meditation by Anagarika Munindra and

Joseph Goldstein in 1994. He believes the Dharma has made it possible for him to live with high levels of constant pain. He has worked with people with terminal and chronic illness in different parts of the United States.



**Susana Renaud**

Susana is a long time student of Yoga and Vipassana Meditation. She is a 53-year-old Chicana born in Texas, daughter of a mother from Mexico, Tejano father, and sister of 8 siblings. She has worked in different capacities in the Latino/a community, as

an advocate, health educator, mental health clinician, peer counselor, and yoga teacher. Always working to improve the well being in the community. She is currently enrolled in the Community Dharma Leader's Program 4 at Spirit Rock.

Ella ha sido estudiante de Yoga y Vipassana por largo tiempo. Susana es una Chicana de 53 años de edad nacida en Texas, hija de una mamá Mexicana y padre Tejano, hermana de 8. Ella ha trabajado en diferentes lugares de la Comunidad Latina, como una luchadora, Educadora de Salud, médico en salud mental, consejera de parejas y maestra de Yoga, siempre trabajando para mejorar el bienestar de la comunidad. Actualmente esta cursando el 4to. Programa para Lideres de la Comunidad Dharma en Spirit Rock.

//////////////////// **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.**

Design contributed by Rusa Vuong ([thisisrusa.com](http://thisisrusa.com))