

Deep Still Teen Sangha

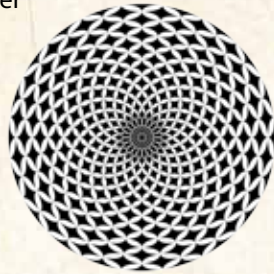
Led by Devin Berry and Devon Rath

First and third Sundays, beginning May 5

1 PM — 2:30 PM

Deeper Still Teen Sangha is a bi-monthly meditation group for teens age 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.

Please note: there will be separate registration for each month of sangha meetings.



Clearing Your Mind: Tools and Techniques for Increasing Concentration

A five-week class series with John Mifsud

Five Mondays: May 6, 13, 20, 27, and June 3

7 PM — 9 PM

Clearing Your Mind is for experienced practitioners and new meditators, and will explore practical, hands-on techniques that increase concentration. How-to tools will be coupled with Buddhist teachings to strengthen your meditation practice.



Week 1: Comprehensive/Cumulative Body Scans and Embodying Chakras

Week 2: Personal Mantras, Word Patterns and Creative Visualizations

Week 3: Single Pointed Concentration, Choiceless Awareness and Mind as Open Sky

Week 4: Divine Abodes: Loving Kindness, Compassion, Appreciative Joy and Equanimity, and associated phrases for each divine practice

Week 5: Review of offered techniques, practical application in daily life plus next steps for deepening individual practice.

Meditation Training

A four-week class series with Rev. Keiryu Liên Shutt

Four Tuesdays: May 7, 14, 21, and 28

7 PM — 8:30 PM

Want to learn how to meditate? Or, have you tried at different times but just can't quite figure how to make it work for you? In this series, specific and easy-to-follow instructions will be given in three areas — body, heart/emotions and mind/mental states — to practice with one area per week. Then, in each class, you will have an opportunity to have your specific needs and questions addressed.

Think of this class as a four-week "training camp." Come see how the two factors of practiced-guidance and cohort-support can help you to establish a sustainable practice in just four weeks!



Relaxing into Life: Mindfulness and Movement

Led by Susana Renaud

Saturday, May 11, 10 AM — 4:30 PM

Mindfulness practice can highlight those areas where we habitually hold, grip and build tension in our bodies, breath and heart/mind. These unconscious habits can lead to chronic tension, muscle fatigue, and soreness in the body, which can increase stress and worsen your mood.

This daylong will provide Mindfulness Yoga, Sitting, and Walking practices that will allow participants to expand awareness of these conditioned behaviors as they arise and allow a deeper relaxation response to develop.

"Come and see for yourself" - Buddha

Going Deeper in the Dharma: A Group for Experienced Practitioners

May 2013 session led by Anushka

Fernandopulle on Buddhist Cosmology

Sunday, May 12, 9:30 AM — 12:30 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 without explicit guidance and explore more advanced teachings together.

This month we will explore what the Buddha taught about cosmology: space and time, different realms of existence (including multiple levels of heavens and hells), and how we might hold these teachings.





Free Your Heart: A Transformational Workshop for Exploring Love and Connection

With Spring Washam

Sunday, May 19, 9:30 AM – 5:30 PM

The potential exists in every human being to love without defenses or fear, so that true intimacy—direct, unobstructed, heart-to-heart connection with ourselves and others—becomes a way of life. We can learn to share, one heart to another, through the power of unconditional love. We can become more whole in ourselves so that we can be energized and empowered on our paths. Barriers to authentic connection occur due to unconscious fears that are rooted in the past. This workshop will provide safe, nurturing space to explore those fears and barriers.



TEACHER BIOS



Devin Berry 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.



Anushka Fernandopulle has trained in the Theravada Buddhist tradition for over 20 years. She is a member of the Spirit Rock Teacher's Council, the teaching team at SF Insight, and is the main teacher for the SF LGBT Sangha. She teaches Vipassana meditation around the US. She also works with individuals as a leadership/personal coach and with organizations as an organizational development consultant and facilitator. More about her dharma teaching and work can be found at www.anushkaf.org.



John Mifsud has practiced insight meditation for 11 years and graduated from the Community Dharma Leaders Training Program at Spirit Rock Meditation Center. He is a Community Teacher at EBMC and a leader of EBMC's Deep Refuge Group for Alphabet Brothers of Color. Aside from teaching at EBMC, he has taught at the San Francisco (SF) Gay Buddhist Sangha, the SF Gay Buddhist Fellowship, the Vajrapani Institute, Seattle Dharma Buddies, the Seattle People of Color and Allies Sangha, San Quentin Prison, Insight Meditation in Modesto, the Sacramento Buddhist Meditation Group and the Insight Meditation Community of Washington DC.



Devon Rath 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 has been a Yoga practitioner for 25 years and has been sitting in formal Vipassana Meditation for 14 years. She is one of EBMC's community teachers, and the guiding teacher for the La Casa del Corazón Sangha. She is a trained clinical psychotherapist who is now dedicating her time to teaching Yoga Chikitsa (the holistic application of Yoga as therapy), in the Behavioral Health Dept. at Kaiser and Stress Management/Reduction in many employee wellness programs throughout the Bay Area both in English and in Spanish. Her web site is at www.mindfulnessforeverybody.com.



Rev. Keiryu Lien 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 or contact her at joyinzen@att.net.



Spring Washam is a meditation and dharma teacher based in Oakland, California. She has studied meditation and Buddhist philosophy since 1997 in various traditions. After many years of teacher training with Dr. Jack Kornfield she is a new dharma teacher at Spirit Rock Meditation Center. Spring is one of the founding members and core teachers at the EBMC and leads the weekly sitting group for people of color. She is considered a pioneer in bringing mindfulness based healing practices into diverse communities. She currently leads healing and meditation retreats throughout the United States. Visit her website at www.springwasham.com.

IMPORTANT INFORMATION

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.