

Exploring Mindfulness and Social Change

A one-day workshop open to all
Led by Mushim

Saturday, February 1, 10:00 AM – 4:30 PM

This highly interactive, experiential workshop extends a special invitation to people of color, social justice activists and community activists, and is open to everyone interested in the transformative power of mindfulness when applied to real world situations. Do we really understand what mindfulness is? What does meditation in a quiet place have to do with being in chaotic, confusing and conflict-ridden everyday life? And how far can mindfulness really take us in transforming institutions and systems that are rooted in greed, oppression, violence and exploitation—and that may contain kind and good human beings? Meditation instruction provided for beginners.



Bringing Kwan Yin

A one-day retreat with Shahara Godfrey
and Eve Decker

Sunday, February 2, 10:00 AM – 5:00 PM

Take a day of refuge, bringing in mindfulness and compassion for ourselves and all beings. Kwan Yin is the bodhisattva of compassion, and we will work with practices intended to invoke this beautiful energy within and around us. Enjoy silent and guided meditation, silent walking, chanting, poetry and music as we replenish ourselves in the energies of awareness and love.



Awakening in the Body

A class series led by Spring Washam

4 Mondays: February 3, 10, 17 & 24

7:00 PM – 9:00 PM

Mindfulness of body is the first foundation of mindfulness; it is connected with the need for a sense of being, a sense of grounded-ness. We are continually learning to live in the moment with a heart-centered, embodied presence. This class offers a comprehensive overview of mindfulness-based meditation with practices to support our awakening in the body. The series will include periods of sitting and movement-based meditation, group work and talks on the theme of the course. All are welcome to join this class series!

The Church says: the body is a sin. Science says: the body is a machine. Advertising says: The body is a business. The Body says: I am a fiesta. — Eduardo Galeano

Taking Refuge in Your Life

A daylong meditation retreat for People of Color led by Larry Yang

Saturday, February 8, 9:30 AM – 4:30 PM

Taking Refuge is one of the most beautiful aspects of the Buddhist meditation practice. We take Refuge in the deep potential of Freedom in each of our lives, in a path journeyed by generations of our ancestors, and in communities of like-hearted, like-minded spiritual friends. We offer this sacred space to all communities of color with the intention to access a sense of safety and ease for the spiritual journey of seeing clearly our true nature.

Open to all levels of meditation—new, beginner, or experienced. Please join us. You don't have to be a Buddhist to benefit from meditation.





Being Present in the Body: Using Mindfulness to Work with Trauma

A daylong for People of Color led by Pawan Bareja
Sunday, February 16, 10:00 AM – 5:00 PM

This daylong will empower us to work with our wounds using the ancient wisdom of Vipassana mindfulness practices and skills of Somatic Experiencing®, a trauma healing modality created by Dr. Peter Levine. This daylong will include instructions on how to recognize traumatic responses in our bodies, which can inhibit our daily lives through stress and anxiety. Using somatic (body-based) skills, we can begin to free up our energy so we feel more settled, grounded, and calm in our everyday lives. With the tools offered in this daylong, our nervous system can begin to regain its innate capacity to self-regulate.



Coming Home To Dharma: A Practice Circle for Asian Americans

Half-day group led by Neesha Patel
Sunday, February 23, 9:30 AM – 12:00 PM

Do you identify as Asian American? Do you sometimes feel like an outsider in the predominantly European American sanghas of the West, but don't quite fit into the ethnic-specific traditional Asian sanghas, either?

Please join us for a morning of practice in shared community as Asian Americans. This practice period is open to beginners and experienced practitioners alike and will include Vipassana/Insight meditation practice and opportunities to share experiences with fellow practitioners.

TEACHER BIOS

Pawan Bareja, Ph.D.



Pawan has practiced Vipassana meditation for over 10 years. She is a Somatic Experiencing (SE) Trauma Resolution Practitioner, a Buddhist Ritual Minister and has assisted several daylongs at Spirit Rock, including the annual "Care Providers" daylong. She is a graduate from Spirit Rock's Community Dharma Leadership Program. In her private practice, she works with symptoms of stress, anxiety and trauma in a diverse population of clients. She uses trauma resolution techniques and mindfulness meditation to help her clients find ease in their daily lives. She teaches classes on mindfulness and trauma in the Castro district in San Francisco.

Eve Decker



Eve is a meditation teacher and dharma musician. She has been practicing Vipassana meditation since 1991 and received training as a Community Dharma Leader through Spirit Rock Meditation Center. For more about Eve, see www.evedecker.com

Shahara Godfrey, Ph.D.



Shahara has trained in the Theravada Buddhist tradition for over 20 years. Other influences have been spiritual teachers from various cultures and traditions as well as the creative arts. She is a graduate of the Community Dharma Leaders and Path of Engagement programs at Spirit Rock.

Mushim (Patricia) Ikeda



Mushim is a nationally known Buddhist teacher, writer, and multicultural community activist. She has taught residential mindfulness meditation retreats for people of color, social justice activists, and women and she is guiding teacher of EBMC's Practice in Transformative Action yearlong program. See www.mushim.wordpress.com

Neesha Patel, Ph.D.

Neesha is a second-generation Indian-American woman who is a practitioner of Vipassana/Insight meditation. She is interested in the role of culture in our practice, our wellbeing and our lives. She works at UCSF as Director of First Generation Support Services and has a private practice as a psychologist in Berkeley.



TEACHER BIOS continued

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. www.springwasham.com

Larry Yang



Larry teaches meditation nationally, and has spent much energy to deepen Dharma teachings within multicultural communities. Larry is a core teacher of EBMC. He is on the Teachers' Council and the Board at Spirit Rock Meditation Center, and is the Guiding Teacher of Insight Community of the Desert in Palm Springs, CA. Larry is trained as a psychotherapist and has spent six months as a Buddhist monk in Thailand.

He considers retreat practice, family practice, livelihood practice, and householder practice all integral to a spiritual path towards Freedom. He is one of the teachers who coordinate the Community Dharma Leadership training program cultivating future leadership in the dharma.

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.

