

Beginning a Meditation Practice

A class series led by Mushim

4 Mondays: January 6, 13, 20 & 27

7:00 PM – 9:00 PM

Have you been looking for a way to start a mindfulness meditation practice, but don't quite know how? This class series will give you the basics of sitting and walking/movement meditation in the vipassana (insight) style, as well as loving friendliness meditation.

Don't worry about "getting it right"—if you can sit—on a folding chair, on floor cushions, in a wheelchair—or lie down—and breathe, you are off to a good start! These forms of Buddhist-based mindfulness meditation can help you, over time, to develop a sense of increased physical well-being, mental clarity, compassionate connection, and spiritual growth.



Sensing Freedom: An Open, Spacious Awareness for an Open, Spacious Life

Led by Larry Yang

Saturday, January 11, 9:30 AM – 4:30 PM

Mindfulness meditation practice creates expansiveness and openness in our day-to-day lives. A spacious mindfulness practice can benefit a sense of larger perspective, bigger picture, and broader landscape that often can soothe the mind and calm the heart. The invitation is to be present one more moment, one more hour, one more day -- to allow the boundless qualities of life to arise and remind us that a clear mind and open heart are possible even in the most complicated circumstances.

Open to all levels of meditation—new, beginner, or experienced. Settle your mind, keep your heart open, see what you discover!



Going Deeper in the Dharma: A Group for Experienced Practitioners

The Three Dharma Seals: Impermanence
January session led by Mushim

Sunday, January 19, 9:30 AM – 1:00 PM

Buddhist teaching must contain three "seals" to be in alignment with the Dharma: impermanence, nonself, and nirvana. At this half-day retreat we'll contemplate "The Big I"—impermanence—or the fact that everything is always changing. Although the tendency is to dwell on aging, loss, and the death of loved ones, impermanence also means that babies learn to wave hello and a blossom because a piece of delicious fruit.

An "experienced practitioner" is one who does not need instructions in sitting or walking/movement meditation, but who already has an established practice of any kind of meditation that can be done in silence and, during the sitting meditation periods, in stillness.

Transformation of the Heart: Practices in Lovingkindness, Compassion, Forgiveness, Joy, Equanimity, Generosity and Gratitude

With Larry Yang

Wednesdays, Jan 22, 29, Feb 5, 12

7:00 PM – 9:00 PM

Our lives can often be filled with escalating amounts of stress and conflict within our personal experience, our communities, our country, and our global world. As we move through our daily lives how do we live through the difficulties without becoming difficult ourselves? In this 4-week class, we will explore how to cultivate the Energies of Our Heart, with the intention for greater freedom and the aspiration of a "heart as wide as the world" as dharma teacher Sharon Salzberg has written.

Beginning and experienced meditators are welcomed. Please plan to attend all of the classes in the series.





Women of All Ages Daylong

With Spring Washam & Anna Douglas

Saturday, January 25, 9:30 AM – 5:00 PM

The focus of this day for women of multi-generations is "Time"—past, present, and future—and how we inhabit the time of our lives. This includes longing and fulfillment, passion and renunciation, vulnerability and empowerment, birthing and letting go through all the stages of a woman's life. In council, we will share our stories of living in a woman's body and the wisdom which comes from that.

Spring and Anna, young and old, have lived different lives but share a passion for Dharma and empowering women in their practice. The day will include silent sitting and walking meditation (with instructions), Dharma teachings, council, and brief bursts of singing and dancing.



TEACHER BIOS

Anna Douglas, PhD



Anna is one of the founding teachers of Spirit Rock Meditation Center and a member of the Teachers Council. She has taught classes and retreats in the Insight Meditation tradition nationwide for 30 years. She has a background in psychology and the arts, and offers ongoing psycho-spiritual mentoring for students. She divides her time between the San Francisco Bay Area and the Sonoran desert of Arizona. She is the guiding teacher for Insight Meditation Tucson.

Mushim



Mushim (Patricia Y. Ikeda) is an EBMC core teacher. 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

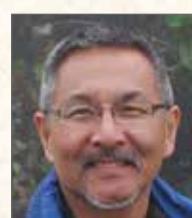
Spring Washam



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.



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.