

interconnected

Being Mindful and White in a Multicultural World

/in-ter-con-nect-ed/

1. to be joined, linked, or united together

2. a Buddhist understanding of all beings as mutually dependant upon each other in an inherently meaningful way

3. a group for white people to explore identity, diversity and racism through mindfulness. Using practices from various teachings and traditions, we will examine lessons learned about race and privilege, how they have limited and harmed ourselves and others, and what we can do to bring greater compassion, understanding, and justice to our communities.



East Bay Meditation Center

2147 Broadway, Oakland (near 19th Street BART station)

**Mondays + October 6 – November 3 + 6:30 - 9p
& A Daylong Retreat on Saturday, October 25**

This class is offered on a dana basis.

For more information on this practice of generosity please visit the website below.

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The Facilitators

KITSY SCHOEN has been practicing Vipassana meditation for almost 30 years. She is a graduate of the Community Dharma Leader program of Spirit Rock Meditation Center. Kitsy is a psychotherapist with many years of experience in HIV/AIDs, hospice, bereavement and she currently runs a mind/body mental health education program at Oakland Kaiser. Kitsy is passionate about exploring the intersection of mindfulness and multiculturalism.

SEAN POTTS is the name of a guy whose heart and mind incline towards freedom. He hones this gentle art of liberation as a student in the UNtraining White Liberal Racism crew and practicing meditation in Tibetan and Vipassana traditions. He is a facilitator of anti-racism workshops for Bay Area leaders in the Episcopal Church, works as a residential caretaker at Spirit Rock Meditation Center and is a member of the Diversity Council there. He's pleased you made it to the end of his bio.

Pre-registration is required. For information please contact...

www.eastbaymeditation.org + 510.268.0696 + admin@eastbaymeditation.org