

### Bringing Kwan Yin

A daylong for all with Shahara Godfrey and Eve Decker

10 AM – 4 PM, Saturday, October 6

Kwan Yin is the Buddhist feminine image of “the one who hears the cries of the world”. This is a day to bring and enliven compassion into your life and practice. We will use song, chant, dialogue and poetry as well as traditional sitting and walking practices.

### Healing for Healers

A restorative retreat with Spring Washam

9:30 AM – 5 PM, Sunday, October 7

This daylong is designed for those in the healing arts, community service and care giving professions. Healers and caregivers spend most of their time taking care of others. This is a beautiful service of compassion and generosity. It is also essential for their health and well-being that healers heal themselves and practice self care. When healers are well, not only are they more nourished and sustained, they are also more effectively able to assist others. In this daylong we will focus on meditation practices and interactive exercises to support healers in their own healing. This will include periods of restorative yoga and sacred music.

### Indigenous Presence: Decolonizing the Mind and Cultivating the Causes of Happiness

A one-day retreat opened to all

Presented by Bonnie Duran, Karen Waconda, Lupe Avila, and Peter Bratt

10 AM – 4:30 PM, Saturday, October 13

This day-long retreat will provide a conceptual framework and practice guidelines for “Indigenous Presence” meditation. This practice maps the fundamental mental health optimizing characteristics of Indigenous ceremony onto the methods and outcomes of another ancient traditional expression of sacred presence, that of mindfulness and loving-kindness meditation. Indigenous Presence is a way of coming into harmony with the present moment and our world; and provides space for acceptance, and the cultivation of clarity, confidence, resilience and strength. This retreat is instructional, experiential and interactive. After this event, participants will:

- Understand the mental health optimizing characteristics of Indigenous Ceremony, loving-kindness and mindfulness meditation
- Recognize the techniques of Indigenous Presence meditation

Co-sponsored by EBMC and the Wicahpi Koyaka Tiospaye (WKT / wicahpikoyaka.org)

### Diving into the Dharma

A week of intensive meditation practice woven into your daily life with Larry Yang

October 15 – 20

Dedication, Commitment, Inspiration, Faith. How have you experienced these intentions in your life? How have you experienced these intentions in your practice? Live them every day during a week of intensive practice which includes your work, home, and play. With the support of other spiritual friends, move through your week with your strongest intention of being Aware, Mindful, Loving, Open, and Free.

When registering you will be agreeing to attend all of the following events:

- Monday, Oct 15, 7 – 9 PM
- Tuesday, Oct 16, 7 – 9 PM
- One or more of the following sitting groups:  
Wednesday, Oct 17, 7 – 8:30 PM (for LGBTQI)  
Thursday, Oct 18, 7 – 9 PM (for people of color)  
Friday, Oct 19, 6:30 – 8:30 PM (Open to all)
- Saturday daylong, Oct 20, 9:30 AM – 4:30 PM

**Please commit to the entire week.** Registration is limited, and many EBMC events are full with waiting lists. We appreciate your consideration in giving your space to someone who can attend the entire week if you cannot. Please show up with your dedication, commitment, determination and faith and attend all the sessions.

### Going Deep and Broad

A group for experience practitioners  
3rd session led by Larry Yang

9 AM – 12:30 PM, Sunday, October 21

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

Bring your practice and your love for the Dharma to a monthly practice group for experienced practitioners. We will practice together, in sitting and walking, without explicit guidance (you are assumed to have a meditation practice). And in landscape of our collective practice we will explore teachings, readings, and topics to continue in deepening and broadening your spiritual journey in the teachings of the Buddha.

The topics will vary and also be influenced by the needs of the participants who register.

### Beautiful Mind

A four part class series on Joy, Loving Kindness, Equanimity, and Compassion with Spring Washam

Four Mondays: October 22 & 29 and November 5 & 12  
7 – 9 PM

The four *brahma-viharas* represent the most beautiful and hopeful aspects of our human nature. They are mindfulness practices that protect the mind from falling into habitual patterns of reactivity which belie our best intentions.

Also referred to as mind liberating practices, they awaken powerful healing energies which brighten and lift the mind to increasing levels of clarity. As a result, the boundless states of loving-kindness, compassion, appreciative joy and equanimity manifest as forces of purification transforming the turbulent heart into a refuge of calm, focused awareness.







Mindful Recovery from a Buddhist Perspective

With Shahara Godfrey

Four Tuesdays: October 23 & 30 and November 6 & 13  
7 – 9 PM

This series is open to all forms of recovery. We welcome all those who are seeking freedom from any type of addiction. From a Buddhist perspective, everyone is in some form of recovery. We will explore how Dharma practice and meditation can deepen this process. This group is not intended to be a substitute for any recovery program but rather a further support for your own spiritual awakening.

TEACHER BIOS



Clockwise from top left: Karen Waconda, Bonnie Duran, Peter Bratt, and Lupe Avila

**Karen Waconda** and **Bonnie Duran** are graduates of the Community Dharma Leader Program at the Spirit Rock Meditation Center in Woodacre, California. Bonnie is an Associate professor at the University of Washington Indigenous Wellness Research Institute; and is

in the IMS/SR teacher-training program. Karen is director of Traditional Medicine at First Nations Community HealthSource in Albuquerque, New Mexico. **Lupe Avila** is the Chair of the Board of Directors for Wichapi Koyaka Tiospaye. **Peter Bratt** is a director, screenwriter, producer, activist, and one of the founding members of Wicahpi Koyaka Tiospaye.



**Eve Decker** performs and records original songs based on Buddhist teachings, leads dharma music singing circles, and presents day-long programs on dharma and music throughout Northern California. A Vipassana and Metta meditation practitioner for 20 years, Eve is a graduate of the Community Dharma Leaders and Path of Engagement programs at Spirit Rock Meditation Center. For more on Eve, see [www.evedecker.com](http://www.evedecker.com).



**Shahara Godfrey, Ph.D.**, 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.



**Kenji Liu's** poetry, essays, and art arise from his work as an activist, educator and cultural worker. His writing has been published in numerous journals and nominated for the California Book Award and Pushcart Prize. He is currently working on a full-length poetry and design book, *Map of an Onion*. He has practiced vipassana in Burmese and Thai traditions since 1998. For more information, go to [www.kenjiliu.com](http://www.kenjiliu.com).

Write Action: Meditation & Writing for People of Color

A one-day retreat with Mushim and Kenji Liu

10 AM – 5 PM, Sunday, October 28

This day-long retreat is for any Person of Color who desires to write – whether you are an experienced writer or a novice attempting to put together your first poem or story. The day will include basic meditation instruction and writing periods with suggested exercises and time for free-writing, and will include an open-mic sign-up for those who wish to share brief samples of their work.

Please bring a bag lunch, and feel free to bring unfinished projects (short excerpts of poetry, memoirs, fiction, etc.) for small group input during the lunch period.



**Mushim** has published poetry, Buddhist essays, and autobiographical fiction widely under the names "Patricia Y. Ikeda" and "Mushim Ikeda-Nash." A core teacher at EBMC, she teaches meditation retreats for people of color and social justice activists nationally. Mushim is the first recipient of the Ragdale Foundation's Alice Hayes Writing Fellowship supporting work on a book-length manuscript, *Elegy with Blue Shirt, Tie & Gun*. Go to her website, [mushim.wordpress.com](http://mushim.wordpress.com).



**Larry Yang** teaches meditation retreats nationally and has a special interest in creating access to the Dharma for diverse multicultural communities. Larry has practiced extensively in Burma and Thailand, with a six month period of ordination as a Buddhist monk under the guidance of meditation master Ajahn Tong. Larry is one of the core teachers and leaders of the East Bay Meditation Center and is on the Spirit Rock Teachers Council. His web page is [www.larryyang.org](http://www.larryyang.org). He has a blog at: [www.huffingtonpost.com/larry-yang](http://www.huffingtonpost.com/larry-yang).



**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 East Bay Meditation Center and leads the weekly sitting group for people of color. Spring is considered a pioneer in bringing mindfulness based healing practices into diverse communities. Also considered a curandera, Spring studies indigenous healing practices and works with students individually from around the world. She currently leads healing and meditation retreats throughout the United States. To contact her directly visit her website at [www.springwasham.com](http://www.springwasham.com).

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IMPORTANT INFORMATION

Space is limited & registration is required. Register at [www.eastbay-meditation.org](http://www.eastbay-meditation.org) or email [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) for registration information.

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.



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.