

Come see what the East Bay Meditation Center is all about!

OPEN HOUSE :: HOUSE WARMING

Saturday, April 27

1 pm - 4 pm

Help us warm our new beautiful home in downtown Oakland
Tour our new space • Enjoy delicious food • Meet some of our community
members, including board and staff

Drop-in from 1 pm - 4 pm

**Short program at 2pm with an introduction to meditation and a brief
talk by Buddhist teacher Zenju Earthlyn Manuel**

If you have never been to EBMC, please join us!
If you are already familiar with EBMC, bring a friend and
introduce them

285 17th Street at Harrison, Oakland
www.eastbaymeditation.org

EBMC APRIL 2013 EVENTS

The Buddha's "How to" Guide to a Life of Happiness and Well-being

A class series with Mushim Ikeda

4 Mondays: April 1, 8, 15, and 22
7 pm – 9 pm

Interconnected: Being Mindful & White in a Multicultural World

*A class series for white people with
Kitsy Schoen and Gregory Mengel*

4 Tuesdays and 1 day Sunday
retreat
April 9, 16, 23, 30:
6:30 pm – 9:00 pm
April 28: 10 am – 5 pm

Building Community by Exploring Power and Interdependence

*A daylong with Arinna Weisman
and
Michelle Murrain*

Saturday, April 6, 10 am – 5 pm

Beyond 'Self Defense': Not Being a Victim!

With Michele Benzamin-Miki

Sunday, April 7, 10 am – 4 pm

Going Deeper in the Dharma: A Group for Experienced Practitioners

April Session led by Mushim Ikeda

Saturday, April 13, 9:30 am – 1 pm

Passion, Power and Presence

*A daylong for all women with
Spring Washam*

Saturday, April 20,
9:30 am – 5 pm

To register for any of these events go to www.eastbaymeditation.org or call (510) 268-0696