

## Practice in Transformative Action Exploring Mindfulness for Social Change

A one-day workshop retreat open to all  
no registration required

*with Mushim*

**Saturday, July 27, 2013**  
**10 am - 4:30 pm**

**East Bay Meditation Center**  
**285 17th Street, Oakland**

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.

***This is a showcase introduction to a new EBMC yearlong program, Practice in Transformative Action (PiTA), which will begin in September. You do NOT have to participate in the yearlong program to attend this July 27 daylong.***

No registration is needed for this one-day workshop retreat. Please arrive by 9:45 at the latest, bringing with you a notebook and pen/pencil; a bag lunch, water bottle, and a shawl or light jacket if you tend toward feeling cold. If you need disability accommodations, please email the event manager at [mahogany@eastbaymeditation.org](mailto:mahogany@eastbaymeditation.org).

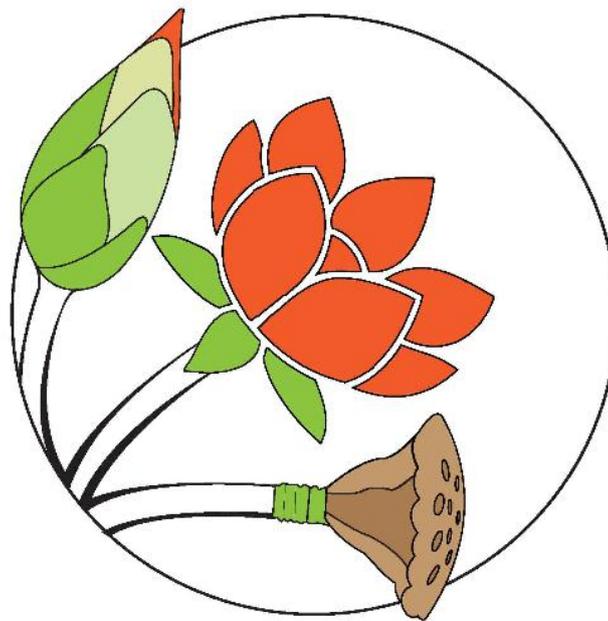
### **About the teacher**

**Mushim (Patricia) Ikeda** 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 a core teacher at EBMC. See [www.mushim.wordpress.com](http://www.mushim.wordpress.com) for more information about her writing on diversity, socially-engaged Buddhism and other topics.



## **Practice in Transformative Action (PiTA)**

**for social change & social justice activists, community workers and  
volunteers, & transformative thought leaders**



### **A new yearlong program of East Bay Meditation Center**

*Led by Mushim*

**Sept. 15, 2013 - July 27, 2014**

**East Bay Meditation Center  
285 17th Street, Oakland**

- Special invitation to people of color to apply
- Training you to take mindfulness practices from your heart and your home into the workplace and the marketplace
- Becoming mindfulness: how to take mindfulness meditation and leadership development to the next level
- Guest teachers and presenters offering fresh takes and practices on mindful transformation and social change
- Monthly meetings at EBMC, one-on-one meetings with Mushim, small group work, research in best practices in your area of interest
- "Taking the Great Vow to Not Burn Out" - self-care and healing when your heart is aching and your energy is drained
- Diversity, social justice, and community
- Mindfulness in stillness, and in movement; decreasing suffering, increasing joy
- Limited number of spaces

For more information and an application form, email [PITA@eastbaymeditation.org](mailto:PITA@eastbaymeditation.org). **Application deadline is July 29, 2013.**

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