

A writing and meditation workshop – open to all by donation



Write from the Heart



with Mushim Ikeda-Nash and Susan Moon
Sunday, June 1, 2008, 10 AM to 5 PM
East Bay Meditation Center
2147 Broadway, Oakland (near 19th St. BART)

We will spend the day sitting together, writing together, and enjoying the silence words are born from. All levels of experience with writing and meditation are welcome. This is a good workshop for people who want a jump-start in writing. In a supportive setting, we'll lower our buckets into the wells within ourselves and pull up surprising riches. We'll laugh together, collaborate, read to each other, and celebrate our creativity. Bring pen, notebook, lunch, and playful mind.

Space is limited; preregistration is required. To request a registration form, please send an e-mail indicating your interest in registering for Write from the Heart one-day retreat, with your full name, to admin@eastbaymeditation.org or leave a message at (510)268-0696.

Mushim (Patricia) Ikeda-Nash has taught writing at Oberlin College, the University of Iowa, and the Oakland public schools. A former Zen Buddhist nun, she has published poetry, essays, and fiction in *ColorLines*, *Inquiring Mind*, *Shambhala Sun*, *Premonitions: The Kaya Anthology of New Asian North American Poetry*, and elsewhere.

Susan Moon has taught creative writing courses and workshops at St. Mary's College and Tassajara Zen Center among other places. A lay Buddhist teacher in the Soto Zen tradition, she was the editor of *Turning Wheel*, the *Journal of Socially Engaged Buddhism* for many years. She is the author/editor of several books on Buddhism, including *The Life and Letters of Tofu Roshi* and has published widely.

*Out of respect for those with environmental illnesses, please do not wear fragranced products or clothes laundered with fragranced products to EBMC.
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