

YEARLONG PROGRAM at East Bay Meditation Center in downtown Oakland
Sept. 12, 2015 – July 16, 2016



Practice in Transformative Action (PiTA 3)

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

A yearlong program of East Bay Meditation Center
www.eastbaymeditation.org

Led by EBMC core teacher Mushim (Patricia Ikeda); assisted by Christine Cordero
Offered on a gift economics (donation) basis

- 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 world (community organizations, schools and beyond)
- *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
- “Taking the Great Vow to Not Burn Out” – self-care and healing
- Diversity, social justice, and multicultural community
- Mindfulness in stillness, and in movement; decreasing suffering, increasing joy
- Limited number of spaces

For more information see www.eastbaymeditation.org and go to Programs, yearlong. For an application form, email admin@eastbaymeditation.org. Application deadline is August 9, 2015.

EBMC is wheelchair accessible. Out of respect for people with environmental illnesses, you are kindly requested to refrain from wearing fragranced hair, body, or clothing products at EBMC.