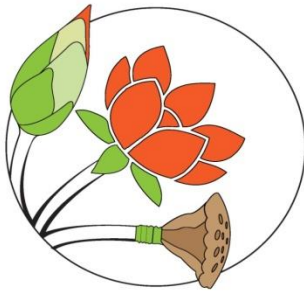


YEARLONG PROGRAM at East Bay Meditation Center in downtown Oakland  
Sept. 25, 2016 – July 9, 2017



## Practice in Transformative Action (PiTA 4)

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

An award-winning yearlong program of East Bay Meditation Center

[www.eastbaymeditation.org](http://www.eastbaymeditation.org)

Led by EBMC core teacher Mushim (Patricia Ikeda); assisted by Bri Barnett

- Special invitation to people of color to apply; all are welcome 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)
- Offered on a gift economics basis (sustainability conscious donations)
- *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
- 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](http://www.eastbaymeditation.org). For an application form, email [PiTA@eastbaymeditation.org](mailto:PiTA@eastbaymeditation.org). Application deadline is August 6, 2016.

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.