



**Mondays, November 2, 9, 16, 23**  
7:00 pm – 9:00 pm

## Mindfulness of Breathing

WITH NOLIWE ALEXANDER AND DEVIN BERRY

In this 4 part series, geared toward new meditators of color and those seeking a refresher course, we will explore the Buddha's own teaching on cultivating both tranquility and deep insight through the full awareness of breathing. We will create a safe & loving environment that fosters our values as a direct intersection & relationship to our lives. Please bring a beginner's mind and an open heart.



**3 Wednesdays:**  
November 4, 11, and 18  
7:00 pm – 9:00 pm

## Can We Save the World? How? Collective Right Effort, Mindfulness & Concentration

A CLASS SERIES LED BY MUSHIM

Attain inner peace, and this will automatically lead to justice, equity and world peace," is a common belief among many spiritual individuals. But how true is it, really? Pope Francis has said that we have turned our planet into "a pile of filth." Amidst global climate change, racial violence, oppression-based wealth disparity, and unending wars, what resources, both cultural and personal, can we contribute to vigorously engage in the discipline of mindful movement building, using the Buddha's teachings on Right Effort, Right Mindfulness, and Right Concentration? Dharma talks, experiential exercises, and community sharing. Beginners in meditation are welcome to attend.



**Open to all**  
Saturday, November 7, 2015  
9:30 am – 5:30 pm

## Dream, Believe, Soar! A Transformational Workshop for Exploring Love and Connection

WITH SPRING WASHAM

The potential exists in every human being to love without defenses or fear, so that true intimacy - direct, unobstructed, heart-to-heart connection with ourselves and others - becomes a way of life. We can learn to share, one heart to another, through the power of unconditional love. We can become more whole in ourselves so that we can be energized and empowered on our paths. Barriers to authentic connection occur due to unconscious fears that are rooted in the past. This workshop will provide safe, nurturing space to explore those fears and barriers. The workshop will include powerful interactive group processes, periods of meditation, sacred music, movement, and group discussion.



**For Children Ages 0-12 and  
Family/Caregivers**  
Sunday, November 8  
10:00 am – 12:30 pm

## Family Practice Class Opening the Heart through the Buddha's Teachings

CLASS LED BY BARUCH GOLDEN, MICHELE KU, AND FRESH! WHITE

We invite you to come and help create the diverse family sangha at EBMC. We welcome families with babies, toddlers and children up to age 12. The teachers will offer the Buddha's teachings and mindful practices that can be practiced at home. Parents/caregivers and young people will meet together and separately during the class. Children under 5 will need to have a parent/caregiver stay with them. We will explore bringing the Dharma to our daily lives through song, story, sharing, art and mindfulness practices. We are committed to creating a diverse family sangha. No prior experience is necessary.





November 8

1:30 pm – 5:00 pm

## Half-day Chanting Workshop Dharma In Our Own Voices

WITH DEVIN BERRY AND KATHERINE ROUBOS

This half-day workshop will alternate between periods of chanting in English and Pali and intervals of sitting meditation. Exploring the connection between these cycles of voice and silence will allow the intentions invoked through chanting to infuse sitting practice. We will offer some historical and cultural context, and cover basic instruction in Pali pronunciation. The teachings were passed down through collective chanting. This tradition of oral transmission was an expression of faith and reliance in sangha, and an embodiment of the teachings in the voice of lay and monastic practitioners. Voice, song, storytelling and oral transmission of truths have been used across the world for generations. This form of practice invokes our collective interconnectedness.



Saturday, November 14

9:00 am – 9:00 pm

## 12 Hours of Your Heart

LED BY LARRY YANG

Dedicate yourself to 12 Hours immersed in your Heart at EBMC's first extended daylong intensive. We will explore Lovingkindness and different heart practices to transform and uplift our lives. Our current experience can often be filled with escalating amounts of stress and conflict within our personal lives, our communities, our country, and our global world. How do we live through the hard difficulties of Life without becoming hard ourselves? Commit a full 12 hours of your life to explore how to cultivate the Energies of Our Heart, including Loving Kindness, Compassion, Joy, Equanimity, Generosity and Gratitude, with the intention to find freedom. There will be explorations through guided meditations, dharma discussions, group exercises, and investigations of how to use these teachings to contribute the quality of our lives.

## EBMC REGULAR GROUPS

All regular groups except for the Teen Sangha are drop-in groups. No registration is required. Beginners are always welcome and meditation instruction is provided.

### QI GONG FOR PEOPLE

Tuesdays, 5:30pm-6:30pm

### ALPHABET SANGHA SITTING GROUP

For LGBTQI/SGL practitioners. Tuesdays, 7:00pm-8:30pm

### ABC (ALL BODIES CENTERING) YOGA

A mindful movement class. Wednesdays, 5:15pm-6:30pm.

### PEOPLE OF COLOR (POC) YOGA GROUP

Build strength and flexibility while cultivating mindfulness. Thursdays, 6:00pm-7:00pm

### PEOPLE OF COLOR (POC) SITTING GROUP

For practitioners of color. Thursdays, 7:00pm-9:00pm

### OPEN SITTING GROUP

Open to all. Fridays, 6:30pm-8:30pm

### RECOVERY AND THE DHARMA

For those in recovery from addiction of all kinds. 3rd Saturdays, 1:30pm-5:00pm.

### EVERY BODY EVERY MIND SANGHA

For people living with disabilities, limitations, differences and chronic illnesses. Sundays, 6:00pm-7:30pm

### EBMC TEEN SANGHA

Open to teens ages 14-19. Wednesdays, 7:00-8:30pm. Registration required.





Devin Berry is a co-founder of Deeper Still, the teen sangha at EBMC. He has been practicing meditation since 1999, both in the Plum Village tradition of

Thich Nhat Hanh and in the Vipassana practice of Spirit Rock and IMS. Devin completed the first Commit2Dharma program at EBMC and is a graduate of Mindfulness Based Stress Reduction teacher training practicum.



Noliwe Alexander has been a student of Vipassana meditation for over 15 years. She became a dedicated practitioner after attending the 2nd POC

Vipassana retreat at Spirit Rock in 2000 and the African American Retreat in 2002. She is a graduate of Community Dharma Leaders 4 program through Spirit Rock Meditation Center, completed the Commit2Dharma (C2D) program through EBMC and delivers Dharma talks at the Alphabet and POC Sanghas at EBMC and throughout the SF Bay Area. Noliwe is a Life & Business Coach, empowerment workshop facilitator, dedicating her coaching & Dharmapractice to the LGBT, At Risk and Elder communities.



Mushim (Patricia) Ikeda, Doctor of Sacred Theology, h.c., is a core teacher at EBMC, and is well known internationally as a socially-engaged Buddhist

activist and author. Her Buddhist training has included both monastic and lay experience in North America and Asia since 1982. See [www.mushimikeda.com](http://www.mushimikeda.com)



Spring Washam is a meditation and dharma teacher based in Oakland, California. She was trained by Jack Kornfield and now leads Vipassana and Metta

retreats throughout the country. Spring is one of the founders of the East Bay Meditation Center in Oakland where she teaches daylong retreats and weekly classes. She is

also a member of the Spirit Rock Teachers Council. Spring is considered a pioneer in bringing mindfulness based healing practices to inner city communities. In addition she has extensive training in indigenous healing practices and works with students individually from around the world. [www.springwasham.com](http://www.springwasham.com)



Katherine Roubos loves chanting because it is the quality of the intention (not the sound!) that counts. Kat ordained temporarily with a bhikkhuni sangha in

Northern Thailand in 2012, where the community chanted together many hours each day as a foundation of practice. Kat is committed to expressing the dharma through examining privilege and power and taking action to dismantle systems of racism and other oppressions, internally and externally. Kat also teaches MBSR, supports the Teen Sangha at EBMC, is in grad school for social work at Smith College, and studies in the current Dedicated Practitioners Program at Spirit Rock.



Baruch Golden is a long-time practitioner, hospice RN and mindfulness teacher. He taught mindfulness practices to children in elementary, middle and high

school for the non-profit Mindful Schools for many years and offers dharma talks at many Bay Area sanghas. He is a graduate of Community Dharma Leader's Program in 2012 at Spirit Rock and the Buddhist Chaplaincy Training program at the Sati Center of Buddhist Studies in Redwood City.



Michele Ku is a long-term Vipassana practitioner and a parent. She teaches Mindfulness Based Stress Reduction to adults at Kaiser Oakland. She also has

taught mindfulness to children in elementary schools through Mindful Schools. She is co-founder and peer leader of a small family sangha for families of color and multi-racial

families in the east bay facilitated by parents. She is a graduate of Spirit Rock Meditation Center's Community Dharma Leaders Program in 2012. Her main spiritual practice is bringing mindfulness to everyday life and within the family.



Fresh! White, CPCC, is a Certified Professional, Mindfulness & Life Coach. He has been practicing Mindfulness since 2007, and

is currently a student of Spirit Rock's Dharma Leadership Program. In addition to Co-leading the Teen Sangha at EBMC, Fresh! is also a rotating teacher at the Oakland Asian Cultural Center, and leads a group for Trans\* and Gender Variant folks in Oakland as well. Fresh! earned his Early Childhood Education Credits at Skyline College when he committed to being a classroom assistant and volunteer back in the 90s. Since 2003, Fresh! has facilitated or co-lead over 100 discussions in San Francisco and Marin, in schools and workplaces, with a goal of ending bullying for all, with a focus on creating safety for the LBGTQI communities.



Larry Yang teaches meditation nationally, and has spent much energy to deepen Dharma teachings within multicultural communities.

Larry is a core teacher of EBMC and Insight Community of the Desert in Palm Springs, CA. He is on the Teachers' Council and the Board at Spirit Rock Meditation Center. Larry is trained as a psychotherapist and has spent six months as a Buddhist monk in Thailand. He considers retreat practice, family practice, livelihood practice, and householder practice all integral to a spiritual path towards Freedom. He is one of the teachers who coordinate the Community Dharma Leadership training program cultivating future leadership in the Dharma.