



Beginning a Meditation Practice

With Mushim

4 Mondays: September 8, 15, 22, 29
7:00 – 9:00 PM

Have you been looking for a way to start a mindfulness meditation practice, but don't quite know how? This class series will give you the basics of sitting and walking/movement meditation in the vipassana (insight) style, as well as loving friendliness meditation. Don't worry about "getting it right" – if you can sit – on a folding chair, on floor cushions, in a wheelchair – or lie down – and breathe, you are off to a good start! These forms of Buddhist-based mindfulness meditation can help you, over time, to develop a sense of increased physical well-being, mental clarity, compassionate connection, and spiritual growth.



Registration

Space is limited & registration is required. Register at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration information.

Dana

The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the meditation center and the support of the teachers.

Fragrance-Free Policy

In order to protect the health of community members with environmental illness, please do not wear fragranced products (including "natural" fragrances) or clothes laundered in fragranced products to EBMC.



EBMC is wheelchair accessible



Mushim (Patricia Y. Ikeda) is an EBMC core teacher. She teaches meditation retreats for people of color, social justice activists, and women nationally. Her Buddhist training has included both monastic and lay experience in North America and Asia since 1982, and she is also an author, mother, and diversity consultant. See www.mushim.wordpress.com

EAST BAY
meditation center

285 17th Street
Oakland, CA
eastbaymeditation.org

Founded to provide a welcoming environment for people of color, members of the LGBTQI community, people with disabilities, and other underrepresented communities, the East Bay Meditation Center welcomes everyone seeking to end suffering and cultivate happiness. Our mission is to foster liberation, personal and interpersonal healing, social action, and inclusive community building. We offer mindfulness practices and teachings on wisdom and compassion from Buddhist and other spiritual traditions. Rooted in our commitment to diversity, we operate with transparent democratic governance, generosity-based economics, and environmental sustainability.