



Meditation & Movement: Creating Space in Your Body & Your Life

With Mushim and Master Ellis

Sunday, September 7 2014. 10:00 AM - 4:30 PM

This class will use meditation and movement to explore how participants can create a greater mindfulness through meditation, and how certain meditative movements can help maintain spiritual balance throughout the day. Movements are taught both standing and sitting, and are appropriate for people of all abilities. Class size limited to 24.



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 a core teacher and Leadership Sangha member of EBMC. 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.



Master John W. Ellis IV is a martial artist with more than 25 years of experience in helping people strengthen the connections between the body, mind and spirit. He teaches toddlers, youth, adults, senior citizens, athletes, the physically challenged, and autistic children. He has more than 20 years of meditation practice in Christian, Zen, Vipassana and New Thought traditions; and has written about martial arts, spirituality, and alternative health for major media. Master Ellis currently teaches at Ananda Martial Arts & Fitness Academy in Oakland. www.FiveRealms.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.