

EBMC Events: November 2014



4 MONDAYS,
NOVEMBER 3, 10, 17, 24
7:00PM–9:00PM

MINDFULNESS OF BREATHING: WORKING TOWARDS PEACE & INSIGHT

WITH DEVIN BERRY

In this 4 part series, geared toward new meditators 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. Please bring a beginner's mind and an open heart.



SATURDAY
NOVEMBER 8
09:00AM–1:00PM

EXPERIENCING THE JOY OF MINDFUL LIVING

AN INTEGRAL "ONE DHARMA" HOLISTIC
RETREAT WITH BROTHER CHI SING

Please join us for this day of guided and silent sitting meditations, walking meditation, and mindful movement. The day will also include Buddhist kirtan chanting, ritual, and writing meditation. The Dharma teachings will focus on the topic of "Energizing, Enlightening & Empowering Your Love Life!" with "love" that encompasses families, friends, partners, spiritual communities, Earth, and the Universe.



SUNDAY
NOVEMBER 9
10:00AM-11:30AM
FOR CHILDREN AGES 0-12 & FAMILY/CAREGIVERS

FAMILY PRACTICE: OPENING THE HEART THROUGH THE BUDDHA'S TEACHINGS

WITH MICHELE KU, SHAHARA GODFREY AND GUEST
TEACHERS

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.



SUNDAY
NOVEMBER 16
09:00AM–12:00PM

DAILY LIFE AND THE DHARMA

WITH JOHN MIFSUD

Our practice is often focused on those special times when we actually sit in meditation. We follow our breath, open our hearts, relax our bodies and keep our minds alert. We often forget the practice is 24/7. After our daily meditation, we lose sight that every breath is practice, every bite of food, every encounter, every word we speak, every moment of every day. Let's spend a morning exploring how to increase our practice both on and off the cushion. How can we apply our practice and the dharma to new aspects of our lives? We will come up with some fresh answers together.

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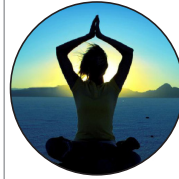


SUNDAY
NOVEMBER 16
1:30PM-5:30PM

YOGA & SOCIAL JUSTICE: SELF-CARE DURING TIMES OF CHANGE (FOR PEOPLE OF COLOR)

WITH MELVIN ESCOBAR

In this half-day retreat for People of Color, participants will learn how Yoga can serve those engaged in social justice work as a foundation for our self-care on the physical, emotional, psychological, and spiritual levels. Participants will be invited to consider how the practice of Yoga and meditation can cultivate deep relaxation and restoration during times of personal and social change. Participants will gain tools that we can use in both our own lives and our social justice work. Continuing Education Units (CEUs) for Mental Health Professionals and Nurses will be available.



SATURDAY
NOVEMBER 22
11:00AM–3:00PM HALF-DAY RETREAT
3:00PM-4:00PM POTLUCK, FAMILY
MEMBERS WELCOME

TEEN SANGHA: AWAKE AND ENGAGED

TEACHING TEAM: ANTHONY "T" MAES,
KATHERINE ROUBOS, SYRA SMITH AND FRESH!
WHITE

EBMC Teen Sangha is a meditation group for teens, ages 14-19. For this half day retreat, we will be deepening our meditation practice and exploring the dharma (buddhist teachings) in creative experiential ways. We will focus on how the dharma applies to our daily lives and real world issues while creating deeper relationships with ourselves and each other, having fun, getting real and supporting each other. From 3pm-4pm, we invite parents and family members to come meet the Teen Sangha Teaching Team and enjoy some potluck goodies. Please join us and bring a snack to share! We are committed to maintaining a sangha (community) that is welcoming to people of all identities.



SUNDAY
NOVEMBER 23
9:30AM-1:00PM

GOING DEEPER IN THE DHARMA: A GROUP FOR COMMITTED PRACTITIONERS

WITH MUSHIM

The first of the Five Hindrances that may supposedly mess up our meditation is sensory desire or greed (kāmacchanda), the particular type of wanting that seeks for happiness through the five senses of sight, sound, smell, taste and physical feeling. (The remaining hindrances are ill-will or aversion; sloth and torpor; restlessness and anxiety or worry; and doubt.) By playfully making friends with our hindrances, quietly watching as they arise and dissolve, our minds become more alert, generous and non-reactive, and we become more deeply acquainted with the causes of true happiness.

A "committed practitioner" is one who does not need instructions in sitting or walking/movement meditation, but who already has an established practice of any kind of meditation that can be done in silence and, during the sitting meditation periods, in stillness.

EBMC Teachers



**DEVIN
BERRY**

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.



**BROTHER
CHI SING,
M.A., M.DIV.**

Brother ChiSing, M.A., M.Div., is the Spiritual Director of “Awakening Heart” Dallas Meditation Center. He is the founder of several practice communities including New Generation Sangha, Gay Young Spirit, Q-Sangha, and Young Enlightened Souls (YES). He is a popular public speaker and retreat facilitator. Though his primary teacher is Thich Nhat Hanh (Order of Interbeing), he has also trained in many weeklong intensive meditation retreats in other traditions, including Soto Zen, Rinzai Zen, Sanbokyodan Zen, Chinese Ch’an, Vipassana, Dhammakaya, Chinese Pure Land, and Christian Meditation.
www.awakeningheart.org



**MELVIN L.
ESCOBAR,
LCSW, RYT**

Melvin L. Escobar, LCSW, RYT is a registered yoga teacher and licensed psychotherapist. Melvin attended his first Yoga class in 2001. His experience of the transformative and healing powers of Yoga inspires his commitment to make the teachings accessible to all those who can benefit. Melvin is a graduate of Niroga’s Integral Health Fellowship and of East Bay Meditation Center’s Commit to Dharma program. He continues daily to learn the revolutionary potential of body-centered contemplative practices to create personal and social healing.
www.melvinescobarlcsw.com



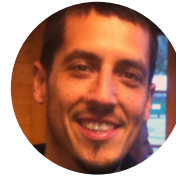
**SHAHARA
GODFREY,
PH.D.**

Shahara Godfrey, Ph.D., has trained in the Theravada Buddhist tradition for over 20 years. Other influences have been spiritual teachers from various cultures and traditions as well as the creative arts. She is a graduate of the Community Dharma Leaders and Path of Engagement programs at Spirit Rock.



**MICHELE
KU**

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.



**ANTHONY
“T” MAES**

Anthony “T” Maes was born and raised in the East Bay. He has practiced Buddhist meditation since 2003 including long retreats and living in a monastery in Thailand. He has volunteered on many teen meditation retreats since 2009 where he enjoys leading mixed-heritage liberation, relational mindfulness, and acrobalance. “T” graduated from UC Berkeley in 2004, completed the yearlong Commit2Dharma program at EBMC in 2011, and is a graduate of the Heart Mind Curriculum mindfulness teacher training program.

EBMC Teachers



**JOHN
MIFSUD**

John Mifsud was born on the Island of Malta. He has practiced Insight Meditation since 2001 and graduated from the Community Dharma Leaders Training Program at Spirit Rock Meditation Center in 2012. John has extensive retreat experience across the county and traveled throughout Asia on four major Buddhist pilgrimages. He is a Community Teacher at the East Bay Meditation Center and the founding leader of EBMC's Deep Refuge Sangha for Alphabet Brothers of Color. He teaches internationally with a special interest in delivering mindfulness tools to marginalized communities.



**KATHERINE
ROUBOS**

Katherine Roubos is a Mindfulness Based Stress Reduction instructor who teaches courses independently across the Bay Area and through Kaiser SF. Katherine's training comprises more than 9 months of cumulative silent retreat and monastic practice, including temporary ordination with a Bhikkhuni Sangha in Thailand in 2013. They completed the Commit to Dharma program at EBMC in 2012 and are currently enrolled in the Dedicated Practitioners Program at Spirit Rock.



**SYRA
SMITH**

Syra Smith is an engaged artist, activist, community organizer, sharing cultivator and mindfulness educator interested in deep ecology and manifesting a culture where we can turn toward fearless abundance and generosity. Syra has been educating and working with young people for over 15 years. A lifetime meditator, she completed EBMC's Commit to Dharma program in 2011 and is participating in a two year non-monastic ordination and lineage teaching program under the guidance of Venerable Pannavati Bhikkuni. In addition to co-leading EBMC's Teen Sangha, she has joined the team at the Mind Body Awareness Project, providing transformational tools to at-risk and incarcerated youth.



**FRESH!
WHITE**

Fresh! White, CPCC, is a Certified Professional, Mindfulness & Life Coach. He has been practicing Mindfulness since 2007, and is currently a student of EBMC's Commit to Dharma program, Fresh! has also been nominated to take part in the Spirit Rock Community Dharma Leader Program for 2015. 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, and focusing on creating safety for LGBTQI communities.



**MUSHIM
(PATRICIA Y.
IKEDA)**

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.

COST: 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.

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.