

# EBMC Events: September 2014



4 WEDNESDAYS,  
SEPTEMBER 3,  
10, 17, 24  
7:00PM–9:00PM

## BRINGING THE DHARMA TO THE SANGHA

WITH CAROL CANO

Bringing the Dharma to the Sangha from a cross-cultural perspective of braiding the Buddha-Dharma with indigenous wisdom and the voice of evidence-based science. We will explore this practice to build deeper engaged relationships with self and each other, and a long-term commitment to the intentional community of EBMC. We will begin with a practice of expanding our relationship with mother earth as she goes through her cycles of change. The hope is to build a community of shared spiritual belonging and liberation.



12 WEEKS  
WEDNESDAYS,  
SEPTEMBER 3-  
NOVEMBER 19  
7:00PM–8:30PM

## EBMC TEEN SANGHA

LED BY DEVIN BERRY, SYRA SMITH, EVAN WONG,  
KAT ROUBOS, ANTHONY “T” MAES, LOUIJE KIM,  
HANNAH EL-SILIMY AND FRESH WHITE

EBMC Teen Sangha is a weekly meditation group for teens, ages 14-19. Our focus will be on creating deeper relationships with ourselves and each other, having fun, getting real and supporting each other. Learn mindfulness meditation and explore the dharma (Buddhist teachings) in creative experiential ways. No experience necessary. We are committed to maintaining a Sangha (community) that is welcoming to people of all identities.



SUNDAY  
SEPTEMBER 7  
10:00AM–4:30PM

## MEDITATION & MOVEMENT: CREATING SPACE IN YOUR BODY & YOUR LIFE

WITH MUSHIM AND  
MASTER JOHN W. ELLIS IV

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.



4 MONDAYS  
SEPTEMBER 8,  
15, 22, 29  
7:00PM-9:00PM

## BEGINNING A MEDITATION PRACTICE

WITH MUSHIM

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.

# EBMC Events: September 2014



SATURDAY  
SEPTEMBER 13  
9:30AM-4:30PM

## **ONE AND THE SAME-MIND AND HEART- MINDFULNESS AND KINDNESS** WITH LARRY YANG

This daylong meditation retreat will explore the interwoven nature of Mindfulness with Lovingkindness (or Metta). Both are spiritual practices which create a more expansive heart and more peaceful mind. They are doors into the experience of Freedom and greater happiness. There will be contemplative sitting and walking meditations along with group exercises and sharing, which support our collective deepening into feeling the Awareness within Love, and the Love that flows from Awareness. Both new and experienced practitioners are invited to attend. Please bring your lunch.



SUNDAY  
SEPTEMBER 14  
10:00AM-11:30AM  
FOR CHILDREN AGES 6-12 & FAMILY/CAREGIVERS

## **OPENING THE HEART THROUGH THE BUDDHA'S TEACHINGS:**

FAMILY PRACTICE CLASS SERIES  
SEPTEMBER CLASS LED BY GUEST TEACHERS MUSHIM  
AND MASTER JOHN W. ELLIS IV

We will offer the Buddha's teachings and mindful practices for the children and adults that can be practiced at home. Parents/caregivers and young people will meet together and separately during the class. We will explore bringing the Dharma to our daily lives through story, sharing, art and mindfulness practices. We are committed to creating a diverse family sangha. No prior experience is necessary.

Master John Ellis will teach safe, fun, mindful movement practices for the children. For part of the time, Mushim will gather with the adults separately for mindfulness meditation and gentle stretching for stress reduction, grounding, and centering.



SATURDAY  
SEPTEMBER 27  
10:00AM-5:00PM

## **LIBERATION AND HEALING THROUGH THE BUDDHIST TEACHINGS**

DAYLONG FOR THE LGBTQI COMMUNITY  
LED BY SHAHARA GODFREY

"If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher."

-Pema Chödrön

You are warmly invited to participate in a daylong on exploring liberation and healing through the Buddhist teachings. Join the beloved community through this day of learning for our self, and our diverse communities.



SUNDAY  
SEPTEMBER 28  
10:00AM-4:00PM

## **A GATHERING OF THE ELDERS- A COMING TOGETHER TO EXPLORE THE DHARMA**

DAYLONG WITH CHARLIE JOHNSON & JIM WILLEMS

In March a number of elders came together for a wonderful day of sharing, exploration, and discovery. We discussed the challenges and the joys of being an elder. No topic was off the table. You are invited to join our continuing discussion and exploration of how the Buddha's teachings help us live, learn, grow, and be free, in the only time we have, have ever had, or will ever have. The present moment!

"There is no fire like passion, no crime like hatred, no sorrow like separation, no sickness like hunger, and no joy like freedom."

-The Buddha

# EBMC Teachers



**CAROL  
CANO**

Carol Cano is the Co-Founder and Guiding Teacher for Philippine Insight Meditation Community and Co-Founder of Templa Wellness in the Philippines. She started her practice 25 years ago at Wat Kow Tahm in Thailand. She moved to San Francisco in 1991, where she was introduced to Spirit Rock Meditation Center (SRMC) and the teachings of Jack Kornfield. Carol served on the Diversity Council with SRMC for several years, was mentored by Jack Kornfield the last four years, and completed the Community Dharma Leader program with SRMC. She has a unique cross-cultural braiding of Native American and Basque Spirituality that complements her Dharma practice.



**SAHARA  
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.



**JIM  
WILLEMS**

Jim Willems teaches Vipassana and Jhana meditations. He began practicing meditation in 1960 while he was bedridden with an autoimmune illness for six months. He was given permission to teach meditation by Anagarika Munindra and Joseph Goldstein in 1994. He believes the Dharma has made it possible for him to live with high levels of constant pain.



**CHARLIE  
JOHNSON**

Charlie Johnson teaches Mindfulness Based Stress Reduction, yoga, qigong, meditation, and the Dharma in the greater San Francisco Bay Area. He has been practicing meditation and yoga since 1972 and teaching for over fifteen years. He has served on the EBMC Leadership Sangha and the Spirit Rock Meditation Center's Board of Directors.



**LARRY  
YANG**

Larry Yang is a core teacher of East Bay Meditation Center (EBMC) in Oakland, CA. He has spent much energy to deepen Dharma teachings within multicultural communities. Larry is the Guiding Teacher of Insight Community of the Desert in Palm Springs (ICD) and teaches meditation nationally. 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 trained and authorized to teach by Jack Kornfield at Spirit Rock and the Venerable Ajahn Tong in Thailand.



**MASTER  
JOHN W.  
ELLIS IV**

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](http://www.FiveRealms.com)



**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.

EAST BAY MEDITATION CENTER / 285 17TH STREET, OAKLAND, CA 94612

EBMC IS  
WHEELCHAIR  
ACCESSIBLE 