

# EBMC Events: August 2015

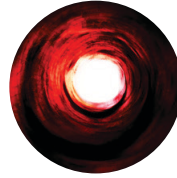


SATURDAY, AUGUST 1  
9:30 AM–1:00 PM

## GOING DEEPER IN THE DHARMA

**A GROUP FOR COMMITTED PRACTITIONERS**  
AUGUST 2015 SESSION LED BY MUSHIM

The fifth of Five Hindrances that may mess up our meditation is skeptical doubt (*vicikiccha*, *vicikitsa*). The Triratna Order says, "We have doubts about ... meditation. Is this kind of practice a good one? Is the teacher competent? ... [If] something is not perfect, we convince ourselves that the meditation won't work, and we lose the motivation to practice." (Other hindrances are sensual desire; ill will; sloth & torpor; restlessness & remorse.) Making friends with hindrances, watching as they arise and dissolve, and practicing their "antidotes," our minds become more alert, generous and non-reactive, and we become more deeply acquainted with true happiness.



SUNDAY, AUGUST 2  
9:30 AM–5:00 PM

## DEATH AND REBIRTH

**A SHAMANIC PERSPECTIVE**  
LED BY SPRING WASHAM

As we courageously walk forward on our spiritual path, we all eventually experience what is called "a spiritual death". It is a transformative process followed by a beautiful rebirth. Like a snake shedding its old skin, this is a profound and necessary part of our spiritual growth. Dying is the process of letting go of habits, beliefs, relationships and certain emotional patterns that no longer support us. This stage of our journey can bring up fear, sorrow and uncertainty, and at times it can feel like a spiritual emergency instead of a glorious rebirth. In this daylong, we will explore the archetypal theme of death and rebirth from a Buddhist, mythological and shamanic perspective.



WEDNESDAYS,  
AUGUST 5, 12, 19, 26  
7:00 PM–9:00 PM

## AND IGNITE THE FIRE WITHIN

CLASS SERIES WITH CAROL CANO

*"Nobody can make you feel inferior without your consent"*

—Eleanor Roosevelt

The shadow of our false selves is purified as we strengthen our authentic selves through the practice of coming home to the truth of who we are. The teachings of the Buddha and indigenous wisdom build this foundation of truth, trust and love.

This series will explore teachings to help us create our life purpose and embrace the "the good, true and beautiful." The summer months with help connect us to the natural resources that this season provides.



SUNDAY, AUGUST 16,  
10:00 AM–5:00 PM

## THE DHARMA OF DEPRESSION

**MINDFULNESS-BASED SKILLS FOR CULTIVATING HAPPINESS AND LESSENING SUFFERING**  
WITH MELVIN ESCOBAR & DAVID WU

Mindfulness-based practices can help buffer us from the negative symptoms of depression. With that bit of breathing room, we can begin to make small changes that, when practiced over time, can help manage downward mood swings. This introductory workshop will include invitations to sitting meditation and gentle movement, along with information-packed talks, skill-building exercises, and a supportive environment to get you started or re-started with useful self-care practices.



# EBMC Events: August 2015



SATURDAY, AUGUST 29  
9:30 AM–4:30 PM

## SENSING FREEDOM

**AN OPEN, SPACIOUS AWARENESS  
FOR AN OPEN, SPACIOUS LIFE**

A DAYLONG RETREAT LED BY LARRY YANG

Mindfulness meditation practice creates expansiveness and openness in our day-to-day lives. A spacious mindfulness practice can benefit a sense of larger perspective, bigger picture, and broader landscape that often can soothe the mind and calm the heart. The invitation is to be present one more moment, one more hour, one more day—to allow the boundless qualities of Life to arise and remind us that a clear mind and open heart are possible even in the most complicated circumstances.

Open to all levels of meditation—new, beginner, or experienced. Settle your mind, keep your heart open, see what you discover!

## 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. 3<sup>rd</sup> 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.



# EBMC Teachers



MUSHIM

Mushim (Patricia Y. Ikeda) is an EBMC core teacher. She has taught 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](http://www.mushim.wordpress.com)

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SPRING WASHAM

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)

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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.

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MELVIN L. ESCOBAR

Melvin L. Escobar, LCSW, RYT, is a registered yoga teacher and licensed psychotherapist.

Melvin teaches Managing Depression and Mindfulness-Based Stress Reduction for Kaiser Permanente's Behavioral Health Dept. Melvin's psychotherapeutic orientation is based in helping clients identify, heal and transform adverse childhood experiences and navigate the systems of oppression that cause mental health issues. In all his work he offers body-centered contemplative practices to create personal and social healing based in Buddhist and Yogic practices. <http://www.melvinescobarlcsw.com>

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DAVID SHIH-CHUN WU

David Shih-Chun Wu, ASW, is a committed mindfulness practitioner and a hospice

social worker. His spiritual practice is bringing loving-kindness and mindfulness to daily life, with particular interest in transitions of birth, sickness, aging and death. His involvement with EBMC has included participating in the first Commit2Dharma program and being a former volunteer coordinator for the Alphabet Sangha. He believes in the power of witnessing and storytelling as self-care & liberation tools for all beings on the margins.

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LARRY YANG

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 household 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.

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