

EBMC Events: July 2015



4 MONDAY EVENINGS & 1 WEEKEND DAYLONG
MONDAYS, JULY 6, 13, 20, 27:
6:30–9:00 PM
SATURDAY, JULY 11:
11:00 AM–4:00 PM

INTERCONNECTED: BEING MINDFUL & WHITE IN A MULTICULTURAL WORLD

A CLASS SERIES FOR WHITE PEOPLE

WITH KITSY SCHOEN AND GREGORY MENGEL

Mindfulness practices are incomplete if they don't include the investigation of social injustices and the ways we inadvertently perpetuate the system in our unexamined behaviors and beliefs. Social justice and anti-racism efforts can cause harm if they don't include the wisdom and understanding that comes from mindfulness and compassion practices

In this class series we will support each other in addressing our own racism and white privilege using both multicultural theories and tools along with Buddhist teachings and practices.



WEDNESDAY, JULY 15, 2015
7:00–9:00 PM
FOLLOWED BY OPTIONAL POTLUCK SOCIAL:
9:00–9:30 PM

EBMC 6 MONTH BUDDHIST BASICS: Q&A WRAP-UP

WITH MUSHIM

For those who have taken either some or all of EBMC's very first 6 month "Buddhist core teachings" curriculum, an evening class where you can bring your "biggest" Buddhist practice questions, meet Dharma companions on the Path, and rejoice in the merit that you have generated! Please note: The focus of this class is on praxis rather than abstract theory – in other words, what you are doing to deepen **your** spiritual practice and to transform your life through these wisdom teachings. If you like, bring a snack or non-alcoholic beverage to share for the OPTIONAL brief social immediately afterward.



SATURDAY, JULY 25, 9 AM–5 PM
SUNDAY, JULY 26, 9 AM–5 PM

INTRODUCTION TO KINGIAN NONVIOLENCE CONFLICT RECONCILIATION

TWO-DAY WORKSHOP WITH KAZU HAGA AND ASSISTANT FACILITATORS FROM EAST POINT PEACE ACADEMY

Open to all

This two-day training will provide participants with a comprehensive introduction to the philosophy and strategy of Kingian Nonviolence. This training is useful for anyone who deals with conflict: inter-personal or larger social conflicts, whether in your personal life, in the workplace, or in your work for social change.

During this training, we will go over the types and levels of conflict, readings and analysis of Dr. King's thinking, the six principles of nonviolence and the six steps of nonviolence. The training will include lectures, role-plays, video presentations, and other interactive activities. More information available at www.eastpointpeace.org



EBMC Teachers



KITSY SCHOEN

Kitsy Schoen, LCSW is a Core Teacher at EBMC. Kitsy provides organizational

consultation, workshops, and trainings on issues of oppression and privilege. She is a passionate student of the intersection of mindfulness and multicultural awareness.



GREGORY MENGEL

Gregory Mengel, Ph.D. is a teacher and writer

exploring the intersections

of justice, ecology, and spirituality. Gregory teaches *Beyond the Culture of Separation: Whiteness and the Embodiment of a New Story* at Impact Hub Oakland and is a member of the teaching team for the Untraining. He blogs at www.cosmologyofwhiteness.blogspot.com.



MUSHIM

Mushim (Patricia) Ikeda is a Buddhist teacher, writer, and multicultural com-

munity activist, with a background in both monastic and lay Buddhist practice. She has taught residential meditation retreats for people of color, social justice activists, and women and is guiding teacher of EBMC's Practice in Transformative Action yearlong program. Mushim is the recipient of the 2014 Gil Lopez peacemaker award from the Association for Dispute Resolution of Northern California. See www.mushim.wordpress.com



KAZU HAGA

Kazu Haga is the founder and coordinator of the East Point Peace Academy and

is a trainer in Kingian Nonviolence. He teaches in prisons and jails, high schools and youth groups, and with activist communities around the country. He has been active in social change movements since 1998, is the founding board chair of Communities United for Restorative Youth Justice (CURYJ), sits on the Board of the OneLife Institute and PeaceWorkers, and is a member of the Metta Center for Nonviolence's Strategic Advisory Council. He is also a proud member of the EBMC Sangha. www.eastpointpeace.org.

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. 3rd 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.