

# EBMC Events: June 2015



3 MONDAYS  
JUNE 1, 8, 15  
7:00 PM–9:00 PM

## MINDFULNESS OF BREATHING

### WORKING TOWARDS PEACE AND INSIGHT

BEGINNERS CLASS SERIES WITH DEVIN BERRY

In this 3 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.



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

## THE FOUR FOUNDATION OF MINDFULNESS

CLASS SERIES WITH DEVIN BERRY AND CAROL CANO

This four-week series will give a basic understanding and overview of the essentials for a mindfulness meditation practice. The Buddha described this form of meditation as a direct path to liberation. The Four Foundations consist of mindfulness of the body, mindfulness of feelings, mindfulness of the mind, and mindfulness of mind/objects or the dhammas.

We will explore our meditation practice using each of these foundations as anchors, and deepen our understanding of mindfulness meditation as a path of awakening.

Part of EBMC's Core Buddhist Teachings: 6-Month Curriculum



SATURDAY, JUNE 6  
9:00 AM–12:00 PM

## DEEPEN YOUR PRACTICE DURING CHALLENGING TIMES

HALF-DAY RETREAT WITH CAROL CANO

Transforming life's challenges through meditation can be difficult and sometimes one can feel more displaced. Through the wisdom teachings of the Buddha and guided meditation, we will investigate how to establish a practice of forgiveness and compassion. During this morning retreat, we will share insights with each other, deepen our meditation practice, and come together as an intentional spiritual community.



SATURDAY, JUNE 6  
1:00 PM–5:00 PM

## WHAT THE BUDDHA CALLED PRACTICE

HALF-DAY RETREAT WITH VENERABLE PANNAVATI

Buddha spoke continually about developing and cultivating meditation. Yet, he was very specific about what he called "practice" in MN Sutta 8. There, he discussed effacement—how to "rub out" 44 views associated with the "self". He called THIS our practice! We will examine what he said, what is the reward (MN Sutta 128), and through reflection, discourse and small group break-out, experiment with this type of self-mastery practice. These suttas offer a powerful transmission for transformation if you will receive it. We will view "Touching the Untouchable", an 8-minute video by ALensInside.org as a talking point for a contemporary example of addressing social disparity.



# EBMC Events: June 2015



SUNDAY, JUNE 7  
9:30 AM–4:30 PM

## BEING AND DOING

### THE PARADOX OF PRACTICE THE PRACTICE OF PARADOX

A DAYLONG RETREAT LED BY LARRY YANG

What does it mean to *be* in the present moment, when there is so much to *do* in this world? How do we reconcile the social activism so needed to transform the world's suffering, with the stillness of truly living in the midst of its joys and sorrows? Where is the truth—is it within my own tenderly unique experience, or is it manifest in the universality of all our lives? Our spiritual journey is always meeting us with the paradoxes of this complicated, beautiful life. It is in the paradox—the seeming contradictions—that we emerge into full potential of our humanity.



SUNDAY, JUNE 21  
10:00 AM–4:00 PM

## PRACTICING WISDOM AND COMPASSION

### RETREAT FOR PEOPLE OVER 50 WITH SHAHARA GODFREY

*“Just as a bird needs two wings to fly, we need both the wing of wisdom and the wing of compassion.”*

—From *Becoming the Compassion Buddha*  
by Lama Yeshe

For people over 50, the decades bring the cultivation of wisdom, compassion and equanimity. You are warmly invited to participate in a daylong celebrating these wonderful gifts through the teachings of the Buddha. This day of learning will be one of reflection, group conversations, laughter, love, and meditation. All practitioners over 50 are welcome!



SATURDAY, JUNE 27  
10:00 AM–4:00 PM

## REJOICE AND RENEWAL

### A DAYLONG RETREAT FOR SELF-IDENTIFIED PEOPLE OF COLOR

WITH SHAHARA GODFREY

A warm invitation to self-identified people of color to join us in a day of rejoicing and renewal. There will be a laughter and celebration as we explore Buddhist teachings with group conversations, meditation, and interactive exercises.

## 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

### OPEN SITTING GROUP

Open to all. Fridays,  
6:30pm–8:30pm

### ALPHABET SANGHA SITTING GROUP

For LGBTQI/SGL practitioners.  
Tuesdays, 7:00pm–8:30pm

### RECOVERY AND THE DHARMA

For those in recovery  
from addiction of all kinds.  
3<sup>rd</sup> Saturdays, 1:30pm–5:00pm.

### ABC (ALL BODIES CENTERING) YOGA

A mindful movement class.  
Wednesdays, 5:15pm–6:30pm.

### EVERY BODY EVERY MIND SANGHA

For people living with  
disabilities, limitations, differ-  
ences and chronic illnesses.  
Sundays, 6:00pm–7:30pm

### PEOPLE OF COLOR (POC) YOGA GROUP

Build strength and flexibility  
while cultivating mindfulness.  
Thursdays, 6:00pm–7:00pm

### EBMC TEEN SANGHA

Open to teens ages 14-19.  
Wednesdays, 7:00–8:30pm  
Registration required.

### PEOPLE OF COLOR (POC) SITTING GROUP

For practitioners of color.  
Thursdays, 7:00pm–9:00pm



# 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.



## 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.



## VENERABLE PANNAVATI

Venerable Pannavati Bhikkhuni, a former Christian pastor, is an international teacher ordained in both Theravada and Mahayana traditions. A Zen Peacemaker engaged in compassionate action globally, she advocates an egalitarian way of life for all and a way of living powerfully as revealed through the suttas. She works with homeless youth in rural America, the Untouchables in India and ordaining Thai and Cambodian nuns. Pannavati is known for her wit, humor and clarity.



## 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 householder 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.



## SHAHARA GODFREY

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 Dedicated Practitioner Program, Community Dharma Leaders and Path of Engagement programs at Spirit Rock.

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