

EBMC Events: March 2015



4 MONDAYS
MAR 2, 9, 16, 23
7:00 PM–9:00 PM

ON THE PATH TO THE END OF SUFFERING

THE EIGHTFOLD PATH

WITH JOAN DOYLE AND SHAHARA GODFREY

Many of us are drawn to spiritual practice because of the stress and the suffering that we experience in our lives. The history of social injustices, as well as the intimate pain of aging, sickness and loss has impacted us throughout our lives. The Eightfold Path provides directions for our spiritual journey and a framework to relieve suffering. This class series will include Dharma talks, inquiry, meditation and discussion to help us learn practices that will benefit us and our communities in the spiritual journey towards wholeness and freedom.



4 WEDNESDAYS
MAR 4, 11, 18, 25
7:00 PM–9:00 PM

EMBODIED INQUIRY

CORE TEXTS OF THE BUDDHIST TRADITION

WITH SEAN FEIT

The discourses of the Buddha offer a vast range of practices, from ethical guidelines for wise daily life and relationships, to instructions for meditation and inner cultivation, all the way to descriptions of the deepest truths of reality. In this 4-week class we'll study a selection of core Buddhist texts from both early (Pali Canon) and later (Mahayana) schools, focusing on the foundations of Buddhist practice and the integration of this ancient wisdom into our complex modern lives.



4 FRIDAYS
MAR 6, 13, 20, 27
10:00 AM–11:30 AM

ESTABLISHING A MEDITATION PRACTICE IN FOUR WEEKS

LED BY REV. KEIRYU LIÊN SHUTT

Want to learn how to meditate? Or, have you tried at different times but just can't quite figure how to make it work for you? In this series, specific and easy-to-follow instructions will be given in three areas—body, heart/emotions and mind/mental states—to practice with one area per week. Then, in each class, you will have an opportunity to have your specific needs and questions addressed.

Think of this class as a four-week "training camp." Come see how the two factors of practiced/guidance and cohort/support can help you to establish a sustainable practice in just four weeks!



SATURDAY
MAR 7
1:30 PM–5:30 PM

FREE YOUR HIPS AND THE REST WILL FOLLOW

LED BY SATYA DE LA PAZ

The purpose of yoga is to prepare the body for seated meditation. Opening the hips, strengthening the core, and finding length in the low back are the keys to freedom in seated postures. In this soulful yoga flow, we will play with both fluid movements that explore the range of motion of the hip joint and holding poses for several cycles of breath to tone and strengthen the muscles. Designed for all levels of ability and experience, poses will be modified to fit individual students through the use of props. We will use breath and sound to release emotional and physical tension in the body. Periods of meditation will be interwoven throughout.



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SUNDAY
MAR 8
10:00 AM-12:30 PM

FAMILY PRACTICE CLASS

OPENING THE HEART THROUGH THE BUDDHA'S TEACHINGS

LED BY SHAHARA GODFREY, BARUCH GOLDEN, AND MICHELE KU

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.



SATURDAY
MAR 21
10:00 AM-4:00 PM

MAKING RIGHT SPEECH POSSIBLE

AN INTRODUCTION TO NONVIOLENT COMMUNICATION

WITH KAMALA ITZEL BERRIO & MARLENA WILLIS

Nonviolent Communication, as taught by Marshall Rosenberg, Ph.D., offers a way to address difficult issues, either in our personal life or in our work for social change, in a way that is kind and compassionate, and keeps the door open for connection. Using it increases the possibility that we will actually get what we want rather than create more conflict. In this workshop, we will explore the components of Nonviolent Communication in light of the Buddha's teachings.



SUNDAY
MAR 22
9:30 AM-12:00 PM

COMING HOME TO DHARMA

A PRACTICE CIRCLE FOR ASIAN AMERICANS

LED BY NEESHA PATEL

Do you identify as Asian American? Do you sometimes feel like an outsider in the predominantly European American sanghas of the West, but don't quite fit into the ethnic-specific traditional Asian sanghas, either?

Please join us for a morning of practice in shared community as Asian Americans. This practice period is open to beginners and experienced practitioners alike and will include Vipassana/Insight meditation practice and opportunities to share experiences with fellow practitioners.



SUNDAY
MAR 29
9:30 AM-4:30 PM

A DAY OF HEALING, LOVING & CELEBRATION

FOR SELF-IDENTIFIED AFRICAN AMERICAN WOMEN FROM THE DIASPORA

WITH SHAHARA GODFREY & NOLIWE ALEXANDER

Spend an insightful day *celebrating* your journey to freedom and deep love. With engaging exercises of deep listening & wise speech, through sitting, walking and movement meditation, we will create a framework for the Buddha's 8 fold-path, cultivating a strong pure heart, while holding the possibilities for self-love, self-care & healing.

"Mindfulness gives us the strength to look deeply and give rise to understanding and compassion."

—Thich Nhat Hanh



EBMC Teachers



JOAN "JD" DOYLE

Joan "JD" Doyle has practiced Buddhism for 17 years including extended practice periods in Thailand and Burma. JD is committed to celebrating the diversity of our human sangha, expanding concepts of gender, and living in ways that honor the earth. Practicing the dharma with families and youth is an important aspect of their practice. JD is currently a member of the Leadership Sangha at EBMC and completed the Community Dharma Leader Program and the Dedicated Practitioner Program through Spirit Rock Meditation Center.



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.



SEAN FEIT

Sean Feit (SEP, E-RYT) teaches Buddhism and Yoga with a focus on the integration of practice, philosophy, and self inquiry with trauma resolution and social justice. He has studied in Zen and Theravada lineages and is authorized to teach by Jack Kornfield. He teaches meditation and philosophy at EBMC, Yoga Tree, Yoga Garden, and Piedmont Yoga, and at Spirit Rock, where he completed the DPP and MYMT trainings. Sean also researches experimental dance for a PhD in Performance Studies, blogs about contemporary Buddhism and Yoga, and lives in Oakland, enjoying a thriving community of artists and seekers. Website: nadalila.org



KEIRYU LIÊN SHUTT

Keiryu Lien Shutt is Dharma transmitted by Zenkei Blanche Hartman. Drawing from her monastic practices in the U.S. and overseas, she endeavors to share ways in which the deep settledness of traditional practices can be brought into everyday life. She's based at San Francisco Zen Center but also teaches at other Bay Area groups. To access talks, schedule a practice discussion (PD), and info on

other retreat and sitting group information, please go to AccessToZen.org



SATYA DE LA PAZ

Satya began practicing yoga in 2004, seeking relief from chronic injury after years as an athlete. She quickly fell in love with yoga's ability to heal the mind, body, and heart. She has studied with Abby Tucker, Bridget Kramer Woods, Chrissy and Kenny Graham, and Paula Tursi. Using her knowledge of Thai Massage, Satya deepens students' experience with soothing hands-on adjustments. Drawing from the traditions of Anusara Yoga, Tantra, and Buddhism, she challenges students to play at their edge while cultivating awareness and connection to their highest potential.



BARUCH GOLDEN

Baruch Golden is a long-time practitioner, hospice RN and mindfulness teacher. He teaches mindfulness practices to children in elementary, middle and high school for the non-profit Mindful Schools, leads meditation groups in San Francisco jails and offers dharma talks at many Bay Area sanghas. He is a graduate of Community Dharma Leaders' Program in 2012 at Spirit Rock and the Buddhist Chaplaincy Training Program at the Sati Center of Buddhist Studies in Redwood City.



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.



MARLENA WILLIS

Marlena Willis has practiced Buddhist meditation for many years, including intensive retreats. She was involved in early diversity work in the Buddhist communities in northern California,

organizing five people of color meditation daylongs from 1992-1994, as well as diversity trainings for the community as a whole. She has completed the BayNVC Leadership Program and has taught NVC at her church (the First Unitarian Church of Oakland) and for people with chronic illness and disability.



KAMALA ITZEL BERRIO

After experiencing the loss of a relationship, job, and beloved family member within a two-month period, Kamala Itzel turned to meditation and yoga to address questions she had begun asking herself about the nature of life and loss. She has practiced Buddhist meditation since 2001 and has been sharing nonviolent communication with others since 2010. In 2010, she left her successful career as an attorney to follow her bliss and to embolden others to do the same. She is now a certified yoga teacher (RYT500) and certified life and career coach at www.attunedliving.com. Contact her at info@attunedliving.com.

NEESHA PATEL

Neesha Patel, PhD is a practitioner of Vipassana/Insight meditation. Her interests include exploring the role of culture in our practice, our wellbeing and our lives. She is trained as a psychologist, a mindfulness facilitator, and a mindfulness based stress reduction teacher. She is deeply grateful for the gifts of practice and the opportunities to share it with others.



KAMALA ITZEL BERRIO

Noliwe Alexander has been a student of Vipassana meditation for over 15 years. She became a dedicated practitioner after attending the 2nd POC Vipassana retreat at Spirit Rock in 2000 and the African American Retreat in 2002. She is a graduate of Community Dharma Leaders 4 program through Spirit Rock Meditation Center, completed the Commit2Dharma (C2D) program through EBMC and delivers Dharma talks at the Alphabet and POC Sanghas at EBMC and throughout the SF Bay Area. Noliwe is a Life & Business Coach, empowerment workshop facilitator, dedicating her coaching & Dharma practice to the LGBT, At Risk and Elder communities.