

NEW! -- Yearlong program at EBMC in downtown Oakland
Sept. 15, 2013 – July 27, 2014



Practice in Transformative Action (PiTA)

for social change & social justice activists, community workers and volunteers, & transformative thought leaders

A new yearlong program of East Bay Meditation Center,

www.eastbaymeditation.org

Led by Mushim (Patricia Ikeda), on a donation basis

- Special invitation to people of color to apply
- Training you to take mindfulness practices from your heart and your home into the workplace and the marketplace
- *Becoming* mindfulness: how to take mindfulness meditation and leadership development to the next level
- Guest teachers and presenters offering fresh takes and practices on mindful transformation and social change
- Monthly meetings at EBMC, one-on-one meetings with Mushim, small group work, research in best practices in your area of interest
- “Taking the Great Vow to Not Burn Out” – self-care and healing
- Diversity, social justice, and community
- Mindfulness in stillness, and in movement; decreasing suffering, increasing joy
- Limited number of spaces

For more information and an application form, see

www.eastbaymeditation.org, and email

PiTA@eastbaymeditation.org . Application deadline is

July 29, 2013.

EBMC is wheelchair accessible. Out of respect for people with environmental illnesses, you are kindly requested to refrain from wearing fragranced hair, body, or clothing products at EBMC.