

East Bay Meditation Center offers a one day introductory retreat on

TRANSFORMING DEPRESSION THROUGH MINDFULNESS

with *Mushim Ikeda-Nash and Lee L. Lipp*

Sunday
March 22, 2009
9:30am to 5:00pm



East Bay
Meditation Center
2147 Broadway, Oakland
www.eastbaymeditation.org

Open to All ~ By Donation

Combining mindfulness meditation and cognitive therapy techniques, this one-day introductory workshop will examine how to best take care of ourselves by relating to depression with compassion. The aim of the class is for participants to practice identifying, relating to and interrupting conditionings that are hindrances to feeling better. With encouragement and skillful means to interrupt mind's habitual patterns contributing to depression, participants can cultivate practice to manage and prevent future depression.

For beginning or experienced meditators, those suffering from depression (currently or in the past) are most welcome.

PLEASE NOTE: Consistent with EBMC's policy of offering programs without fee so that teaching may be accessible to everyone please do not register for this day if you have attended Transforming Depression training with Lee previously.

Pre-registration is required.



Mushim Ikeda-Nash is a Buddhist meditation teacher, writer, and social justice community activist living in Oakland. She is one of three women portrayed in the documentary film, *Acting on Faith: Women's New Religious Activism in America*, distributed by the Pluralism Project at Harvard University. She has done both monastic and lay Buddhist practice over the past twenty years, in the U.S., Canada, Mexico, and S. Korea. Mushim's writing has been published widely in journals and anthologies. She teaches meditation retreats for people of color and social justice activists and is a core teacher and Leadership Sangha member at East Bay Meditation Center.



Lee Lipp, Ph.D. has been a member of Thich Nhat Hanh's Order of Interbeing, practicing Zen and Vipassana since 1991. Having taught in psychology graduate programs for 16 years, her most recent work has included being Diversity/Outreach Coordinator at SFZC. She has taught classes in venues that include Spirit Rock Meditation Center, Insight Meditation Society, Zen Hospice Project, Tassajara Mountain Center, San Francisco Zen Center, Arcata Zen Center, La Casa de las Madres, Gay Men's Buddhist Sangha, East Bay Meditation Center, SF Mental Health Association and SF Dept. of Mental Health. Lee supervises at Haight Ashbury Psych Services, leads "Transforming Depression" groups and has a psychotherapy practice in San Francisco.

To request a registration form, please e-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 ** Retreat size is limited

Out of respect for people with environmental illnesses, please do not wear fragrances or clothing laundered with fragranced products at EBMC events. **EBMC is wheelchair accessible.**