

# FREEDOM IN DAILY LIFE

## The Eightfold Noble Path

Find out for yourself

Why at least one Bay Area teen's first tattoo was the symbol of the 8-fold Path. How the 8-fold Path can help you live a more balanced daily life, aligned with the heart of deep spiritual values.

Why the Buddha's teaching of the 8-fold Path was one of his most important teachings.

Anyone can learn this stuff in theory – we'll concentrate on how we can apply it using our everyday lives, our cultural backgrounds and life experiences! Classes will include meditation with instruction, Dharma talks, discussion, interactive exercises and community building.

**OPEN TO ALL**

**Four Mondays ~ May 4, 11, 18 & June 1, 2009 ~ 7 - 9 pm**

**East Bay Meditation Center ~ 2147 Broadway** downtown Oakland near 19<sup>th</sup> Street BART

*Registration is required. So is attending all four sessions. Please keep EBMC fragrance free.*

**Please email your full name to [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call 510.268.0696.**

MUSHIM IKEDA-NASH is a Buddhist meditation teacher, writer, and diversity facilitator who teaches meditation retreats for People of Color at Vallecitos Mountain Refuge, Manzanita Village/Ordinary Dharma, and Spirit Rock Meditation Center. A longtime practitioner of Buddhism, she has both monastic and lay experience. Her writing has been published in the magazines *Tricycle*, *Shambhala Sun*, *Turning Wheel*, and *Inquiring Mind* as well as in anthologies on women and Buddhism, parenting and Buddhism, and Dharma and diversity.

