

# EAST BAY MEDITATION CENTER

## Transforming Anxiety through Mindfulness

*A one day introductory retreat with Mushim Ikeda-Nash and Lee L. Lipp*

**Sunday May 17, 2009**

**9:30 am to 5:00 pm**

**Open to all by donation**

**Pre-registration is required**



**East Bay Meditation Center**

**2147 Broadway, Oakland**

[www.eastbaymeditation.org](http://www.eastbaymeditation.org)

Anxiety states can be an overwhelming experience. As many of us know, trying to get rid of or escape these difficult feeling states can sometimes lead to self sabotaging actions that worsen how we feel. Combining mindfulness meditation and cultivating new skills to be able to relate to anxious mood states differently, this one-day introductory workshop will examine how to best take care of ourselves by relating to anxiety and ourselves 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 anxiety, participants can cultivate practice to manage and prevent future anxiety.

For beginning or experienced meditators. Those suffering from anxiety (currently or in the past) are most welcome.

*Pre-registration is required*



**Mushim Ikeda-Nash** is a Buddhist meditation teacher, writer, and social justice community activist. 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 Zen Buddhist practice over the past twenty years, in the U.S., Canada, Mexico, and S. Korea. Mushim teaches meditation retreats for people of color and social justice activists nationally. She is a core teacher at EBMC and member of the EBMC Leadership Sangha.



**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" and "Transforming Anxiety" groups and has a psychotherapy practice in San Francisco.

To request a registration form, please e-mail your full name to  
**[admin@eastbaymeditation.org](mailto: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.