

Half Day of Mindfulness in Nature

August 2, 2009

with

Toni Lester & Kimi Mojica

How do I register?

Registration is required. Please email admin@eastbaymeditation.org with your full name, and "mindfulness in nature" in the subject line or call (510) 268-0696. Participants will be required to sign and mail a release liability waiver form to EBMC by July 24, 2009.

How much does it cost?

The teachings are offered without charge. You are invited to support our efforts by choosing your own level of voluntary donations (the practice of "Dana") to support the teachers and East Bay Meditation Center.

What should I bring?

You will be sent a list of what to bring upon confirmation of registration.

Accessibility Information:

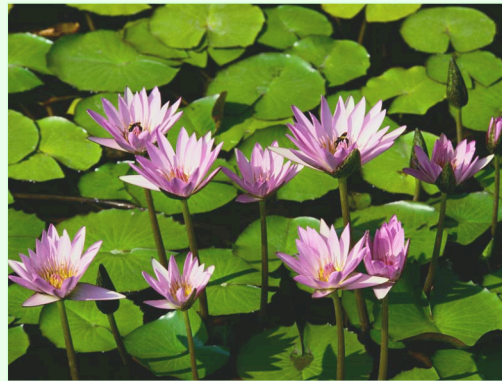
Participants will have the option of walking or navigating on the following type of terrain: flat to slight slopes or inclines suitable for someone who can walk or navigate on grass, unpaved walkways covered in woodchips or gravel, and some sidewalks. Note that we will not have outdoor amplification available. Workshop leaders will do their best to make sure that what they say is audible as much as possible. We cannot guarantee wheelchair accessibility.

Design by: Kimi Mojica - kimi.mojica@gmail.com

Does the chaos and pace of justice work in our urban environment prevent you from honing your center in relation to the natural world?"

Would you like to feel part of something bigger than yourself by spending some time outdoors in a diverse community of sincere spiritual seekers?

Then please consider joining us for this morning of mindfulness in *nature*. We will spend time in one of the Bay Area's urban green spaces and rekindle our connection to *Mother Earth* by walking, meditating, sharing and journaling.



When: Sunday August 2, 2009

From 9:00 am to 2:00 pm

Who: Open to all

Beginning and experienced
Meditators are welcome!

Where: Bay Area Green Space

Accessible by public transportation.

Comments from participants in other workshops offered at EBMC by Toni Lester:

"It was calming, sweet, nurturing, insightful and inspiring."

"Support for cultivating our dreams, expressing our visions."

"Supportiveness for people of all levels of experience with meditation."

Toni Lester is a practice leader at the Cambridge Insight Meditation Center in Massachusetts, and has conducted meditation workshops on mindfulness and stress reduction for the Unitarian Church, Spirit in Action, the Gay and Lesbian Student Educator Network, the East Bay Meditation Center, and the Insight Meditation Society of Washington DC. Lester's work explores issues of inclusion and exclusion relating to race, sexuality, class and gender. Some of her publications include: *Gender Nonconformity, Race and Sexuality - Charting the Connections* (University of Wisconsin Press); "At Least Not this One Big Thing" in *Turning Wheel - Journal of Socially Engaged Buddhism's* special 2007 issue on race, and "Black Writing on Aids" (*Black Issues Book Review*). She currently serves on the board of the Astraea Foundation for Justice, one of the oldest LGBT funding and advocacy organizations in the world. Toni has a deep love of nature and the outdoors.

Kimi Mojica is an educator, mediator and consultant in the areas of intercultural communication, conflict transformation and compassionate leadership. Her work is grounded in Buddhist practices of mindfulness and liberation, intersectionality, and experiential learning. A spiritual activist by nature, Kimi is invested in infusing nonviolent, sustainability practices within justice movements of traditionally marginalized communities. Like Toni, Kimi has a deep love of the outdoors.

Sponsored by the **East Bay Meditation Center** www.eastbaymeditation.org