



Equally Attaining the Way:

Buddhist women teachers & leaders, role models for our practice today

Class series open to all, by donation

Four Tuesdays, Feb 23 – March 16 7:00-9:00pm

East Bay Meditation Center (www.eastbaymeditation.org)

2147 Broadway, Oakland (near 19th St. BART)

Buddhist women have been teachers, leaders, and strong lay and monastic practitioners for 2,500 years, in Asia and now in the West. This class series will offer profiles and short readings about a small group of diverse Buddhist women who are inspirational role models for our practice today. Through meditation, Dharma talks, discussion and interactive exercises we will explore how learning more about these courageous women practitioners helps to balance and enrich our inner understanding of those who attain the Way. Beginners in meditation are welcomed; instruction provided.

Space is limited. **Registration is required.** Email admin@eastbaymeditation.org or leave a message at (510)268-0696 requesting registration for “Equally Attaining the Way classes.”



Mushim Ikeda-Nash teaches meditation retreats for people of color, women, and social justice activists nationally. She is author of “Daylighting the Feminine in American Buddhism” in *Innovative Buddhist Women: Swimming against the Stream* (Great Britain: Curzon Press, 2000), and she is one of three women portrayed in the documentary film *Acting on Faith: Women’s New Religious Activism in America*. Mushim has practiced both as a monastic and as a laywoman and mother since 1982. Her Website is <http://mushim.wordpress.com/>

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