

Beyond Praise and Blame: Living a More Balanced and Calm Life



A one-day retreat open to all
with Mushim

Saturday, December 18, 2010

10 am - 4:30 pm

East Bay Meditation Center www.eastbaymeditation.org

2147 Broadway, Oakland, CA 94612

(near the 19th Street BART station in downtown Oakland)

Are you constantly seeking praise and avoiding criticism, looking for excitement and running away from boredom? Are other people constantly on your nerves? Do you fear losing what you've gained? Are you frustrated that life seems always too hot or too cold and never just right? Buddhist-based teachings and practices can help us to develop Equanimity. We can learn to meet life's ups and downs with cheerful bravery and an open heart. Sitting meditation, Dharma talks, journaling, and interactive exercises combine for a lively day together. Instruction provided for beginners in meditation.

Registration is required & space is limited. E-mail your full name to admin@eastbaymeditation.org
or call (510) 268-0696 and specify "register for Equanimity retreat."



Mushim is a core teacher and Leadership Sangha member at EBMC. She teaches meditation retreats and classes for people of color, social justice activists, writers, and women nationally. A published author, diversity consultant, and mother, Mushim's experience includes both monastic and lay Buddhist training in North America and in Asia. See www.mushim.wordpress.com.

Cost: The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the meditation center and the support of the teachers.



In order to protect the health of community members with environmental illness, please do not wear fragranced products (including "natural" fragrances) or clothes laundered in fragranced products to EBMC.