

Getting Back in Charge

Mindfulness-Based Skills for People with Depression

with **Kitsy Schoen** and **Mushim Ikeda-Nash**

Open to
Anyone with
Depression

Mindfulness-based practices can help put a spacer between us and the negative symptoms of depression. With that bit of breathing room, we can begin to make small changes that, when practiced over time, can help manage downward mood swings and negative thinking. This introductory workshop will include sitting meditation with guidance, information-packed talks, skill-building exercises, and a supportive community environment to get you started in these helpful practices.



Kitsy Schoen, LCSW is a graduate of the Community Dharma Leader Program of Spirit Rock Meditation Center. She currently runs a mind/body mental health education program at Kaiser Oakland. Kitsy has taught Managing Depression classes for over 10 years and knows firsthand how powerful the combination of mindfulness and cognitive therapy skills are in reducing depression.



Mushim (Patricia) Ikeda-Nash is a core teacher at EBMC, writer, and diversity consultant. She has taught transforming depression and anxiety workshops at EBMC for the past several years and practices the skills she teaches.

Saturday, May 7, 2011
10 am - 5 pm

Space is limited. Please register by emailing admin@eastbaymeditation.org or calling 510-268-0696 with your full name. Specify "register for Getting Back in Charge."

Please do not register if you took this workshop in January.

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.

East Bay Meditation Center
www.eastbaymeditation.org
2147 Broadway, Oakland, CA 94612
(near the 19th Street BART station in downtown Oakland)



Minors may attend if accompanied by a parent or guardian.