

# Mindfulness, Creativity & Community

Sunday | June 5, 2011 | 10:00 am – 4:30 pm  
**Open to All** | with Toni Lester and Mushim

Would you like to find some time to direct the mindful focus of your heart and mind on your creative work? Would you like to do this in a contemplative space with others who share a desire to connect their creative life with their love of social justice? Then come spend a day with us in both silence and joyful noise as we focus on our art and on learning how to collaborate with other creative artists using mindfulness-based skills. All levels of meditation experience, including beginners, are welcome.

**\* Bring your notebook, sketchpad, musical instrument, whatever you need to share the limited space creatively and mindfully with others. Electrical outlets are limited.**

**Toni Lester** is a writer, poet, musician, and teacher. She has taught workshops for EBMC on mindfulness for social justice leaders, and mindfulness in nature (with Kimi Mojica) since the Center first opened. Her essays have been published in such magazines as *Black Issues Book Review*, *Turning Wheel*, *Sojourner*, and the *Women's Review* of books. Her songs and compositions have been performed in music festivals and concert halls around the country. Toni has been meditating for over 35 years. She is a former member of Astraea Foundation for Justice, one of the oldest lgbt advocacy organizations in the world.



**Mushim (Patricia Y. Ikeda)** is a published poet, essayist, and autobiographical fiction writer who has taught writing at Oberlin College, the University of Iowa, UC Berkeley, and in the Oakland public schools. She is a Buddhist meditation and mindfulness teacher and social justice activist who loves being playful and creative in her everyday spiritual practice. [www.mushim.wordpress.com](http://www.mushim.wordpress.com)

## Registration is required and space is limited:

E-mail [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696 with your full name and specify "register for Mindfulness & Creativity."

**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 EBMC.

## East Bay Meditation Center

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

2147 Broadway, Oakland, CA 94612  
(19th Street BART in downtown Oakland)

\* 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.

