

# Breakup Dharma:

## Practicing with a Broken Heart

A one-day retreat open to all  
with Mushim

Sunday, October 2, 2011

10 am – 4:30 pm

East Bay Meditation Center

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

2147 Broadway, Oakland, CA 94612

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

After the breakup of a primary relationship, how do we reclaim our ability to live happily in the present moment? Repetitive, self-reinforcing feelings of regret, loneliness, anger, and stories of abandonment and betrayal produce what one Buddhist teacher called “a life of endless reruns.” Through mindfulness meditation, Dharma talks, and interactive exercises we’ll explore how to courageously show up and practice with a broken heart. Beginners in meditation are welcome to attend.



Mushim (Patricia Y. Ikeda) is a core teacher and Leadership Sangha member of EBMC. She teaches meditation retreats for people of color, social justice activists, and women nationally. Her Buddhist training has included both monastic and lay experience in North America and Asia since 1982, and she is also an author, mother, and diversity consultant. See [www.mushim.wordpress.com](http://www.mushim.wordpress.com)

Space is limited & registration is required. Register at [www.eastbaymeditation.org](http://www.eastbaymeditation.org) or email [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) for registration information.

**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.



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