



# Finding Freedom in Disability and Illness

A one day retreat to explore working with pain  
With Debra Kerr and Mushim | Open to All

**Sunday, Oct. 23, 2011 | 10:00am – 4:00pm**

Mindfulness and lovingkindness practices are powerful tools to help us navigate what the body and mind may offer us, including disabilities, ongoing illnesses, injuries or pain. In this daylong retreat, there will be time to meditate, practice simple mindful movement, and share our stories. We will explore how dharma practice can help us work with pain, including seeing the relationship between pain and aversion; refining our awareness of body sensations; developing greater capacity to find some ease in the midst of pain; and learning how to bring acceptance and self-support into skillful balance.



**Mushim** teaches meditation retreats for people of color, women, and social justice activists nationally. Her Buddhist training includes both monastic and lay practice in the U.S., Canada, Mexico, and South Korea. She is a core teacher at EBMC, and one of the teachers for the EBMC Every Body Every Mind Sangha for people with disabilities and chronic illness. See [www.mushim.wordpress.com](http://www.mushim.wordpress.com)



**Debra Kerr** has meditated since 1991, and is influenced by both Vipassana and Dzogchen practices. A graduate of Community Dharma Leader training at Spirit Rock Meditation Center, she co-founded and served on the board of the East Bay Meditation Center from 2000-2006. In addition to teaching and leading support groups for meditation practitioners around the Bay Area, Deb teaches mindfulness meditation in assisted living and long term care facilities, where she also works as a speech pathologist.

## East Bay Meditation Center

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

2147 Broadway Oakland, CA 94612  
(near 19<sup>th</sup> St. BART Station 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.*

### 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 info.

**Cost:** The teachings are regarded as priceless and 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.

