

# Speaking with Love, Compassion, Joy and Equanimity



A one-day retreat with Marlena Willis  
and Kamala Itzel Damaris

**Open to All**

**Sunday | January 8, 2012**

**10:00 am – 4:00 pm**

**East Bay Meditation Center**

<http://www.eastbaymeditation.org>

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

This daylong workshop will consist of an introduction to the teachings of Non-Violent Communication (NVC) as taught by Marshall Rosenberg, Ph.D. and meditations on each of the four Buddhist virtues or brahmaviharas: lovingkindness, compassion, empathetic joy and equanimity. The workshop will include an interactive discussion on the relationship between the brahmaviharas and NVC. Everyone is welcome to attend regardless of experience with NVC or familiarity with the brahmaviharas.



**Marlena Willis** has practiced Buddhist meditation for many years, including intensive retreats. She was involved in early diversity work in the Buddhist communities in northern California, organizing five people of color meditation daylongs from 1992-1994, as well as diversity trainings for the community as a whole. She has completed the BayNVC Leadership Program and has taught NVC at her church (the First Unitarian Church of Oakland) and for people with chronic illness and disability.



**Kamala Itzel Damaris** After experiencing the loss of a relationship, job and beloved family member within a two month period, Kamala turned to meditation and yoga to address the questions she had begun asking herself about the nature of life and loss. Kamala has practiced Buddhist meditation since 2001. In 2010, she completed the Commit2Dharma program offered through East Bay Meditation Center. In 2009, she completed the BayNVC Committed NVC Practitioner Program and is on the Leadership Support Team for this year's program (renamed the BayNVC Immersion Program).

**Space is limited and 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.

