

## Deeper Still Teen Sangha

Led by Devin Berry and Devon Rath

1st and 3rd Sundays, 1:00 PM – 2:30 PM  
September 1 & 15

Deeper Still Teen Sangha is a bi-monthly meditation group for teens ages 14 to 18. Our focus will be on creating deeper relationship with ourselves and each other through having fun, getting real and supporting each other's practice. Learn meditation and explore the dharma in creative experiential ways. No experience necessary.

We are committed to maintaining a diverse sangha that is welcoming to all. Registration for September–December 2013 begins in early August.

## Qi Gong for People

New weekly group led by Doug Blanc

Every Tuesday, 8:00 AM – 9:00 AM  
Beginning September 3



This gentle flowing form of exercise is like moving meditation. Using easy stretches and fluid movements, Qi Gong quiets the mind and balances the body's energy by connecting to the natural rhythm of the breath. Explore the flow of Qi within your own body through the phases of the Five Elements, with non-exertive movement

that incorporate humor and playfulness.

Appropriate for all ages and abilities, Qi Gong for People is presented in a drop-in format: no experience is necessary; please wear clothing that allows for gentle movement.

## Spiritual Friendship: Walking the Path Together

Led by Mushim

Saturday, September 7, 10:00 AM – 4:30 PM

The Buddha said that spiritual friendship is the whole of spiritual life. Do you have spiritual friends? How can we be better spiritual friends to others? True spiritual friendship is an amazing experience, a process through which we encourage one another, with kindness and fierce compassion, to stay on the path, to keep our spiritual commitments, and to align with our highest values and goals. We can laugh and cry together because there is safety, trust, and spiritual steadfastness.

Join us for a day of exploration, mindfulness meditation, discussion, and Dharma talks. Instruction provided for beginners in meditation.



## Meditation & Movement: Creating Space in Your Body & Your Life

With Mushim and Master Ellis

Sunday, September 8, 10:00 AM – 4:30 PM

This class will use meditation and movement to explore how participants can create a greater mindfulness through meditation, and how certain meditative movements can help maintain spiritual balance throughout the day.

Movements are taught both standing and sitting, and are appropriate for people of all abilities. Class size limited to 24.



## Resilience & Well-Being for People of Color

A class series with Mushim and Sage Mahosadha

3 Wednesdays: September 11, 18, and 25  
7:00 PM – 9:00 PM

Being a person of color in the U.S. is stressful, and stress-related illnesses impact us disproportionately. Even "fighting for justice," while positive in its intent, can end up wearing us down if we fall behind in replenishing our spirits.

Please join us in committing to increased resilience, well-being, and compassion through the practices of mindfulness meditation (sitting and gentle movement), deep relaxation, and community dialogue in a safe and supportive environment. Instruction will be provided for beginners in meditation.



Street art by Banksy

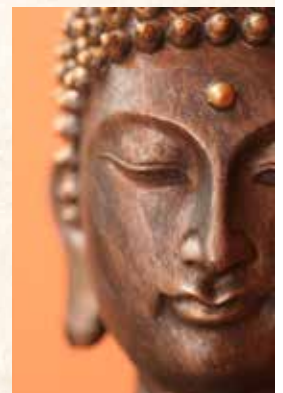
## Embracing Change

A one-day workshop with Rev. Keiryu Liên Shutt

Saturday, September 14, 9:00 AM – 4:00 PM

Change can be hard. Especially if it's not one you've chosen at this time; perhaps a job or relationship loss or another life-transition event? Is it confusing as you try to decide what to do? This one-day workshop combines Buddhism practices and motivational goal-accomplishing techniques to help you identify where you want to go as well as lay the ground-work for your next steps.

The time for change has come to your life. Come see how you can learn to meet that change with ease and skill; going towards the life that is waiting for you to create!







## Speaking with Love, Compassion, Joy & Equanimity

One-day retreat with Marlena Willis and Kamala Itzel Berrio

Saturday, September 28, 10:00 AM – 4:00 PM

This day-long 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.



## Love is the Answer: Learning to Love Ourselves

With Spring Washam

Sunday, September 22, 9:30 am – 5:00 pm

The Buddha once said, “We can look the whole world over and find no one more deserving of our love and kindness than ourselves”. Our greatest and most challenging task on the spiritual path is to learn to love and accept ourselves. Self hatred, inner aggression and self criticism is rooted in a mind that is confused and suffering. When we really love and honor ourselves there are no more questions.

In this daylong, we will focus on loving kindness, compassion and forgiveness practices dedicated to ourselves. This day will include meditation, group work and sacred music.



## TEACHER BIOS

### Devin Berry



Devin is a co-founder of Deeper Still, the teen sangha at EBMC. He has been practicing meditation since 1999, both in the Plum Village tradition of Thich Nhat Hanh and in the Vipassana practice of Spirit Rock and IMS. Devin completed the first Commit2Dharma program at EBMC and is a graduate of

Mindfulness Based Stress Reduction teacher training practicum.

### Doug Blanc



Doug is a visual artist and bodyworker who has been teaching massage, anatomy and Qi Gong since 2006. His journey to bodywork began in art school with anatomical drawing, and continued as an English teacher in Japan where he used embodied experience to teach and learn language. As a massage

therapist and teacher, Doug uses Qi Gong and meditation to teach his clients and students to tap into the flow of their qi. He offers workshops in bodywork, teaches at McKinnon Body Therapy Center in Oakland, and has a private massage practice in Oakland and Berkeley.

### Master John W. Ellis IV



Master Ellis is a martial artist with more than 25 years of experience in helping people strengthen the connections between the body, mind and spirit. He teaches toddlers, youth, adults, senior citizens, athletes, the physically challenged, and autistic children.

He has more than 20 years of meditation

practice in Christian, Zen, Vipassana and New Thought traditions; and has written about martial arts, spirituality, and alternative health for major media. Master Ellis currently teaches at Ananda Martial Arts & Fitness Academy in Oakland. Visit [www.FiveRealms.com](http://www.FiveRealms.com).

### Kamala Itzel



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 questions she had begun asking herself about the nature of life and loss. She has practiced Buddhist meditation since 2001 and has been sharing

nonviolent communication with others since 2010. In 2010, she left her successful career as an attorney to follow her bliss and to embolden others to do the same. She is now a certified yoga teacher (RYT500) and certified life and career coach at [www.attunedliving.com](http://www.attunedliving.com). Email her at [info@attunedliving.com](mailto:info@attunedliving.com).





TEACHER BIOS continued

Sage Mahosadha



Sage is an independent, non-aligned spiritual teacher and writer focusing on the themes of diversity, cultural evolution, transformation, and liberation. A former catholic monk and trained as a psychotherapist, he was introduced to Buddhist meditation and philosophy while in the catholic monastery.

Sage's teachings however, are not culled from any one specific wisdom tradition, lineage or belief system. Rather, they are informed by the wisdom that is underneath, around, within, and at the heart of all spiritual teachings once dogma and cultural trappings are dropped. Visit [www.facebook.com/SatsangaWithSage](http://www.facebook.com/SatsangaWithSage)

Mushim (Patricia Y. Ikeda)



Mushim 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 has a wide network

of longstanding spiritual friendships. She is also a mother, published author, and diversity consultant. Visit her site at [mushim.wordpress.com](http://mushim.wordpress.com).

Devon Rath



Devon has been studying dharma and practicing Vipassana meditation since 1997. She graduated with her MSW from the University of Pennsylvania in 2002. Since that time she has worked with teens in many different capacities. Currently she works in a public school in San Francisco, teaching mind-

fulness, facilitating therapeutic groups and doing emotional triage. Since she was young, dharma practice has been a refuge in hard times, and she is passionate about offering the practice to young people in hopes they may find greater freedom.



Rev. Keiryu Lien Shutt



Rev. Shutt was ordained in 2005 in the Shunryu Suzuki Roshi lineage. After extensive monastic practices in the U.S. and overseas, she endeavors to share ways in which the deep settledness of traditional practices can be brought into everyday life. To access talks, practice discussions and other retreat information, please go to [www.sfzc.org](http://www.sfzc.org) or contact her at [joyinzen@att.net](mailto:joyinzen@att.net).

Spring Washam



Spring is a meditation and dharma teacher based in Oakland, California. She was trained by Jack Kornfield and now leads Vipassana and Metta retreats throughout the country. Spring is one of the founders of the East Bay Meditation Center in Oakland where she teaches daylong retreats and weekly classes.

She is also a member of the Spirit Rock Teachers Council. Spring is considered a pioneer in bringing mindfulness based healing practices to inner city communities. In addition she has extensive training in indigenous healing practices and works with students individually from around the world. Visit her site at [www.springwasham.com](http://www.springwasham.com).

Marlena Willis



Marlena 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.

IMPORTANT INFORMATION

Registration

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.

Dana

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.

Fragrance-Free Policy

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.



EBMC is wheelchair accessible.