

interconnected

Being Mindful and White in a Multicultural World

/inter-connected/

1. to be joined, linked, or united together

2. a Buddhist understanding of all beings as mutually dependant upon each other in an inherently meaningful way

3. a group for white people to explore identity, diversity and racism through mindfulness. Using practices from various teachings and traditions, we will examine lessons learned about race and privilege, how they have limited and harmed ourselves and others, and what we can do to bring greater compassion, understanding, and justice to our communities.



Mondays + October 1 – November 12 + 6:30 - 9p

& A Daylong on Saturday, October 27 (tentative)

After the first introductory meeting, participants are asked to attend all others.

East Bay Meditation Center

2147 Broadway, Oakland (near 19th Street BART station)

THE PRACTICE OF DANA (GENEROSITY): Consistent with the mission of the East Bay Meditation Center (EBMC), all classes are being offered without a fee. However, we ask that you offer a voluntary donation, to the level of your ability, to the teacher and to the EBMC to allow us to continue to offer classes like these. This is known as the practice of Dana, which is how some wisdom teachings have been provided in Asia for centuries.

The Facilitators

KITSY SCHOEN, LCSW has been a psychotherapist for 25 years and practicing Vipassana meditation for nearly 30 years. She runs a Mind/Body mental health education program at Kaiser Oakland and serves as the co-chair of Kaiser's Northern California Psychiatry Cultural Diversity Workgroup. Kitsy was a faculty member for 6 years for an end-of-life multicultural training program of VISIONS Inc. A central passion of hers is the exploration of the intersection between psychology, mindfulness and multiculturalism.

SEAN POTTS is the name of a guy whose heart and mind incline towards freedom. He hones this gentle art of liberation as a student in the UNtraining White Liberal Racism crew and practicing meditation in Zen and Vipassana traditions. He is a facilitator of anti-racism workshops for Bay Area leaders in the Episcopal Church and works as a residential caretaker at Spirit Rock Meditation Center. He's pleased you made it to the end of his bio.

To register, please email your name, postal address, and phone number to:

www.eastbaymeditation.org + 510.268.0696 + eastbaymeditation@yahoo.com