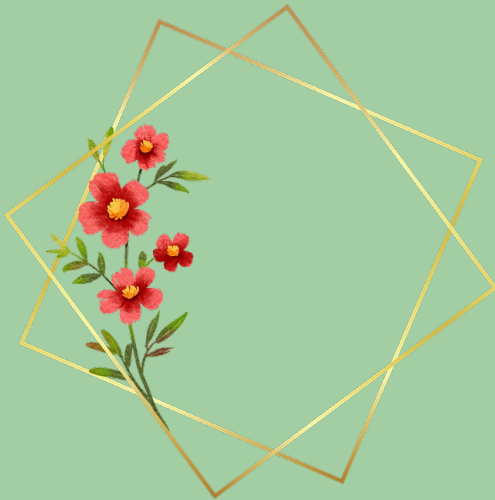


East Bay Meditation Center Newsletter

March 25 | 2022



All Things EBMC: Did You Know That...?

*For complete information,
click on the button below to read the
March 2022
EBMC "State of the Center Report"!*

- EBMC has always operated from rental spaces in Oakland, California. Now we need to raise \$2.9 million dollars to meet our goal to purchase and renovate a sustainable home for EBMC.
- EBMC's Program Director says she's reflecting "on the robust programming and pedagogy that has shaped our year (2022) so far," with exciting offerings such as "The Future Is Black: An Introduction to

Tending our Spiritual Garden – EBMC Spring Fundraising Drive

By Layle Omeran,
EBMC Development &
Fundraising
Coordinator



Image by *Masaaki Komori* on *Unsplash*

It's springtime! And
time to launch our
annual Spring
Fundraising Drive!

AfroFuturism, Dharma and Black Feminism,” a retreat led by core teacher Arisika Razak and shah noor.

- EBMC’s board of directors, called the Leadership Sangha or the LSangha, has two new members, **Anjali Sawhney** and **Stephan Gordon**? Find out more about them in the March EBMC State of the Center Report!
- We’re looking forward to a new database and a new website, also, in 2022.
- Over the coming year, EBMC will continue to support capacity-building projects including honoraria to support teachers, ASL interpretation, expanded staffing and benefits, and major digital infrastructure improvements.

STATE OF THE CENTER REPORT

As we start a season of growth marked by the spring equinox, EBMC creates a space for us to cultivate new connections to ourselves, our community and the land. We are invited to tend to relationships in ways that are rooted in values of radical inclusivity and generosity.

This month, we’re inviting you to join us in practicing these values and becoming a monthly donor, or growing your commitment by increasing your recurring gift!

Help us reach our goal of 40 new or increased monthly donors by **joining today**

**People of EBMC:
Why BIPOC Yoga?
An interview with Satya de la Paz**

We are all seeking refuge. BIPOC

Yoga is a non-competitive gentle landing where we are more likely to feel a sense of belonging and acceptance. In my classes there's space to lie on the couch the whole time and sob. There's space to move in whatever way feels healing and freeing for our bodies, adding our own choreography. There's space to share in each other's joy and listen to each other's pain when we check in at the beginning of class. – EBMC Yoga teacher Satya de la Paz



To read the full interview with Satya, click [HERE](#).

SOULFLOW OAKLAND

Tuesday
Hatha Flow & Meditation 12pm
Aligned Vinyasa 6pm


Wednesday
Gentle Flow for All Bodies (Pinole) 10am
Guided Meditation 12pm *New*
Art Therapy 6:30pm *New*

Thursday
Yoga for People of Color (EBMC) 5:45pm

Saturday
Aligned Vinyasa 9:15 am
BIPOC Hatha Flow 11:00 am

Sunday
Gentle Flow with Raj 11 am *New*

Livestream is available
soulflowoakland.punchpass.com



BECOME A MONTHLY DONOR
OR
MAKE A ONE TIME DONATION

DONATE



Photo by Tim Goedhart on Unsplash

When will EBMC reopen its physical space?

by wei li king,
EBMC Operations and IT Director

With spring 2022 around the corner and California lifting its indoor mask mandate, we know many of you are asking the question of when we can once again gather in person at EBMC. Please know that the effort to reopen is alive for us. We are

taking this time to hold the diverse and sometimes competing needs of our Sangha. At this stage, our Safety Squad committee of staff, board members and teachers are finalizing safety protocols and creating a phased reopening plan.

We hope to hear from you about your thoughts and suggestions around the topic of reopening. Contact the EBMC Safety Squad by emailing:

safety.squad@eastbaymeditation.org

More Important Practices than Meditation?!



Yes, EBMC is a meditation center, and we are also founded and grounded in a commitment to diversity, equity, inclusion, access and social justice. Because our Sangha, or spiritual community is so diverse across **many dimensions of diversity**, we've found over the past 15 years that our relationships to one another are what keep us growing, and our relationships are cultivated through the practices of our Agreements for Multicultural Interactions.

To download your own copy of these practices in pdf format,

[CLICK HERE](#)

“Making Space Accessible Is an Act of Love for Our Communities”

Leah Lakshmi Piepzna-Samarasinha, quoted in the title of this article, points toward love as the foundation on which access and disability justice rests. East Bay Meditation Center's enduring commitment to radical inclusivity includes a continuing growth to improve access and disability accommodations for the greatest number of people possible.

To read EBMC's brief Accessibility Policy, click on the "Policy" button below.

POLICY

See what's happening on our social media sites:



EBMC's Mission Statement

Founded to provide a welcoming environment for people of color, members of the LGBTQI community, people with disabilities, and other underrepresented communities, the East Bay Meditation Center welcomes everyone seeking to end suffering and cultivate happiness. Our mission is to foster liberation, personal and interpersonal healing, social action, and inclusive community building. We offer mindfulness practices and teachings on wisdom and compassion from Buddhist and other spiritual traditions. Rooted in our commitment to diversity, we operate with transparent democratic governance, generosity-based economics, and environmental sustainability.

newsletter editor: Mushim * newsletter designer: Grace Gilliam

East Bay Meditation Center | 285 17th Street | Oakland, CA 94612

www.eastbaymeditation.org