

# Celebrating Life Honoring Ancestry

## A Meditation Retreat for People of Color

*The Boundless States of Mind - Love, Joy, Compassion and Equanimity*

Mushim Ikeda-Nash and Michele Benzamin-Miki

at Manzanita Village Retreat Center, Warner Springs, California

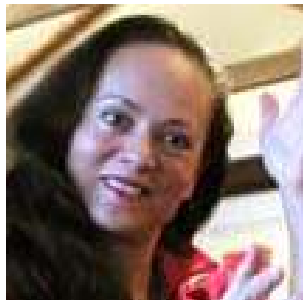
Friday 6:00 pm October 31 to Sunday 2:00 pm November 2, 2008

We celebrate Halloween on the 31st October, and in Mexico, we celebrate Dia de los Muertos, the day of the dead on November 1st and 2nd.

You are invited to bring photos and other items for an altar that we will be co-creating for a special celebration on Saturday, honoring our ancestors, and loved ones gone. We will share our stories, poetry, songs, dance, music in remembrance.



Mushim Ikeda-Nash teaches meditation retreats for social-justice activists and people of color, emphasizing the application of mindfulness practices to everyday life and relationships. She has been featured in two documentaries, *Between the Lines: Asian American Women Poets* and *Acting on Faith: Women's New Religious Activism in America*. Mushim is a core teacher at the East Bay Meditation Center in downtown Oakland, California.



Michele Benzamin-Miki is co-founder of Manzanita Village Retreat Center and Ordinary Dharma. She has been teaching Vipassana and Zen mediation since 1985 and is co-founder of Five Changes Foundation. She is a Master Results Performance Coach and Clinical Hypnotherapist, Artist/Painter and Performance Artist, an Aikido Sensei with Fifth Degree Black belt in Aikido and a Fifth Degree Black belt in Aiki Toho Iaido sword.

**Please join us for this very special retreat. Space is limited**

Registration: \$250 + Dana. Dana is a voluntary donation that allows us to keep our prices low

Registration includes Vegetarian meals and Lodging

**Register online at [www.manzanitavillage.org](http://www.manzanitavillage.org)**

or send a check, payable to Ordinary Dharma at  
PO Box 67 Warner Springs, CA. 92086 (760) 782-9223