



# TechnoBuddha 2019

No Self, No Problem!

March 22nd-24th in Berkeley, CA

Ages 21-39

Learn more at: [www.technobuddhaconference.org](http://www.technobuddhaconference.org)

**Tell Your (Adult) Kids!**



Rev. Kenji Akahoshi, Keynote Speaker, on  
"No Self – No Problem = No Life"

Additional Workshops on:

Discovering Our Authentic Self

"Sacred Anger" and a discussion on complexities, utility and wisdom of anger

Yang style Tai Chi focusing on tools to increase your "ki" energy

Massage Workshop – simple effective methods of easing pain and tightness

LGBTQ Dialogue – open ended and safe time discussion between Buddhist Community and allies

Wine Tasting – Learn the principles and practices of tasting

Come enjoy Fun, Food, Friendship

[www.technobuddhaconference.org](http://www.technobuddhaconference.org)

Sponsored by the BCA Center for Buddhist Education

Jodo Shinshu Center