### Urban Retreat
2 days of Meditation + Yoga + Talks + Festival

**UC Berkeley Campus:**
Zellerbach Hall, Lower Sproul Plaza & MLK Student Union

Sat. June 29 & Sun. June 30, 2019

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**REGISTER WITH BCA PROMOTIONAL CODE:**
“BCAGCB”

Receive 10% off regular fee of $108 for 2-days of programs, special talk & concert.

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**BCA IS A GCB PARTNER!**
*Share Jodo Shinshu Buddhism beyond our temples*

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**VOLUNTEER FOR BCA ACTIVITIES on Sat. 6/29:**

Click link or visit BCA website to sign up online. Contact BCA CBE: jyhatta@bcahq.org Phone: (510) 809-1460

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**Rev. Kiyo Kuwahara**
Berkeley Buddhist Temple

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**Speakers & Panels**
Rev. Kiyo and dozens of speakers from around the world share perspectives on “After Mindfulness.”

**DMV Silent Meditation**
A fun, clever, and reflective walk for all ages, first designed for BCA Dharma Schools.

**Children’s Village**
Enjoy dharma art and storytelling activities. Dharma School teachers are invited to share activities & programs.

**Bon Dancing**
Join Reiko Iwanaga in sharing this Jodo Shinshu tradition introduced by Rev. Yoshio Iwanaga, 88 years ago.

**BCA Info Table**
Share info on TechnoBuddha, Obon/bazaars, World BWA Convention, etc.

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On June 29-30, the Buddhist Churches of America (BCA) will join Buddhists and non-Buddhists alike from around the Bay Area and the world at UC Berkeley to ask the question “What’s After Mindfulness?”

We will explore potential answers through a unique mix of talks from a diverse group of teachers, meditation, yoga, an outdoor festival of sharing, and a children’s village for kids/families.

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