



Buddhist Women's Conference Dharma in Motion



Featuring Keynote Speaker, Cyndi Lee

In her keynote address, Cyndi will draw on her experience as a yogini, Buddhist practitioner and yoga teacher to offer fresh ways of experiencing the connection between body and mind, movement and stillness, stability and impermanence. Tibetan Buddhism traditionally evolves through practices that develop mindfulness/awareness (Hinayana) and compassion (Mahayana). With a stable mind and open heart, students may be introduced to secret practices of Vajrayana, which include yogic exercises. Traditional yoga practices begin with physical exercises (asana) and move into more subtle practices of breath control and meditation. We will take a look at where the yoga and Buddhist traditions converge as well as exploring their impact on our daily lives. Cyndi Lee is the founder of OM Yoga. A practitioner of both hatha yoga and Tibetan Buddhism, Cyndi is known as a nurturing and compassionate teacher with an offbeat and playful style. Cyndi is the author of *Yoga Body*, *Buddha Mind*, *OM Yoga in a Box*, *OM Yoga: A Guide to Daily Practice*, and the recently released *OM Yoga & Meditation Workshop DVD* (with her husband, David Nichtern). Cyndi's frequent appearances in the media include *The Early Show*, *Good Morning America*, the *New York Times*, *Newsweek*, and *Vogue*. She has been a columnist for *Yoga Journal* and *Shambhala Sun* for many years.

Schedule:

8-9 am	Registration and Continental Breakfast
9-9:15 am	Greetings and Introduction
9:15-10 am	Keynote Address: Cyndi Lee: Yoga body, Buddha Mind
10-10:30 am	Question & Answers for Keynote
10:30-10:45 am	Break
10:45-12 noon	Workshop Breakout Sessions #1
12 noon-1 pm	Vegetarian Lunch
1-1:15 pm	Women and Engaged Buddhism Award: Alice Dan
1:15-2:30 pm	Workshop Breakout Sessions #2
2:30-2:45 pm	Break
2:45-4 pm	Workshop Breakout Sessions #3
4-5 pm	Closing Ceremony
5:30-7:30 pm	Post Conference Dinner Reception

Dharma in Motion 2010 Registration Form

Registration fee includes: keynote address, plenary panel, breakout sessions, ceremonies, and vegetarian snacks.
A vegetarian lunch is included with registrations postmarked before April 19, 2010.

Capacity is limited to 400 participants, so please register early.

Visit <http://www.dharmawomen.org> for additional info and updates or to register online.

Please print clearly.

Name _____

Address _____ City, State, Zip _____

Day Phone _____ Evening Phone _____ Cell Phone _____

Sangha Affiliation _____ Email _____

Emergency Contact Name _____ Phone _____

Registration Fee:

\$90 Regular

\$70 Early Bird (postmarked by April 19, 2010)

\$50 Full-Time Student School _____

\$50 Clergy Sangha or Church _____

\$0 Monastic* Sangha or Church _____

New! Post conference dinner reception (5:30 to 7:30 pm).

\$25.00 Advanced registration payment required by April 22, 2010.

*No registration fee for Buddhist or Christian monastic, but please register before April 19th so we can provide your meal. For purposes of this conference, a Buddhist monastic is defined as a celibate in robes, living under the Vinaya and by alms. A monastic is defined as celibate, affiliated with a religious community, under monastic rule and a vow of poverty.

I would like to donate \$_____ to the Scholarship Fund to help the monastic and those in need of assistance to attend the conference. To apply for scholarship, send a note with circumstances with your registration form or email scholarship@dharmawomen.org. Please apply by April 10, 2010.

Comfortable clothing is recommended.

I would like to donate \$_____ to the Dana Fund for the **Women and Engaged Buddhism Award**.

Registration Fee \$_____

Donation \$_____

Dinner Reception \$_____

Total Enclosed Check \$_____ (payable to "BCM Women's Conference")

Registration will be taken in order of receipt and must be postmarked no later than April 23, 2010.

Mail check and registration form to: The Buddhist Council of the Midwest; P.O. Box 5832; Evanston, IL 60204.

I (we) forever release and discharge anyone involved in The BCM's Buddhist Women's Conference for any liability resulting from my (our) participation in BCM's Buddhist Women's Conference 2010. I (we) understand that only 50% will be refunded for cancellations between April 10, 2010 and April 15, 2010 and that no refunds after April 15, 2010.

Signature _____ Printed Name _____

Date _____



*“The wooden man starts to sing and
the stone woman gets up dancing.”*
~The Jewel Mirror Samadhi

The Buddhist Women’s Conference offers an engaging program of practices from all Buddhist traditions. Presenters are both lay and ordained teachers. It provides an opportunity to experience dynamic Buddhism, a part of every woman’s life. You are invited to join this spiritual and moving celebration.

Buddhist Women’s Conference

Dharma in Motion

Saturday, May 1, 2010

8:00 am -5:30 pm

DePaul University Student Center

2250 N. Sheffield, Chicago, IL

www.dharmawomen.org

Sponsored by

The Buddhist Council of the Midwest and the Philosophy and Religious Studies Departments;
Women’s Center and the Women’s Gender Studies Program; the Peace, Justice and Conflict Studies Program;
and the University Ministry of De Paul University.



Registrar, Buddhist Women’s Conference
The Buddhist Council of the Midwest
PO Box 5832
Evanston, IL 60204
www.dharmawomen.org

ADDRESS CORRECTION REQUESTED



Workshops

The array of interactive workshops facilitated by professional and ordained practitioners will demonstrate the actions of Dharma in our daily lives. Dynamic changes fill our growing practice and expand our body, mind and spirit.

- **Introduction to Buddhism**
Rev. Tonen O'Connor, Ven. Chang Hwa Fa Shi, PhD,
and Rev. Marita McLaughlin
- **Meridian Touch Effortless Yoga**
Jennifer O'Hara
- **Tai Chi: Moving in/with the Dharma**
Renee Gatsis, M.Ed.
- **Kyudo: Zen Archery**
Vada V. Woods, Pat Benjamin, and Nancy Kaiser
- **Embodying Social Change as a Virtue:
Tibetan Buddhist Nuns**
Carol Winkelmann, PhD
- **Hawaiian Sacred Dance of Hula**
Rev. June Kaililani Ryushin Tanoue, MPH, Kumu
Hula
- **OM yoga: Activity and Receptivity**
Cyndi Lee
- **Yantra Yoga: The Tibetan Yoga
Movement**
Lynn Sutherland
- **Living Chan: Practical Applications of
Meditation in Our Daily Lives**
Ven. Chang Hwa Fa Shi, PhD
- **Living Green on the Bodhisattva Path**
Susan Lincke, PhD
- **Interfaith Panel: Spirituality in Action**
Asayo Horibe, Mazher Ahmed, Omie Baldwin,
Sister Joan McGuire, and Rabbi Heather Altman
- **The Dance of the 21 Praises of Tara**
Julie Thomas, PhD
- **Dynamic Chant**
Rev. Tricia Teater, MA
- **The Zen of Knitting**
Rev. Liz Stout, MA, MDiv, MPS

Accommodations

Cenacle Retreat Center

513 W. Fullerton;
Chicago, IL 60614; (773) 528-6300.
6 rooms are available at \$60/night. No meals.
Final reservation date: April 9, 2010.

Days Inn Lincoln Park-North

644 W. Diversey Pkwy; Chicago, IL 60614;
(773) 525-7010. Use the Group code: BUCO.
10 rooms are available: one double bed: \$132,
two double beds: \$152.
Final reservation date: March 30, 2010.

Directions: By Car

From the north and northwest: Take Kennedy Expressway (I-90/I-94), exit at Fullerton Ave. and turn left (east) to Sheffield. Turn right one block to Belden. From the west: Take Eisenhower Expressway (I-290) turn onto the Kennedy Expressway (I-90/I-94) heading north, and exit at Fullerton. Turn right heading east to Sheffield Ave. Turn right onto Sheffield, one block to Belden.

From the south: Take Dan Ryan Expressway (I-90/I-94), continue north. Expressway becomes the Kennedy Expressway (I-90/I-94). Exit at Fullerton. Turn right (east). Go two miles on Fullerton Avenue to Sheffield. Turn right and go one block to Belden.

From Lake Shore Drive (north or south): Exit Lake Shore Drive at Fullerton Avenue. Head west two miles to Sheffield. **Parking lot is on the east side of street on Sheffield Ave. between Fullerton and Belden.**

Public Transit: Three rapid train lines service the Lincoln Park and DePaul campus area. Exit at Fullerton. After coming down the steps, turn left (west) and walk to the corner of Sheffield and turn left (south). Proceed one block to Belden. Train lines servicing the Lincoln Park campus are the Howard/Dan Ryan (Red), Evanston (Purple) and the Ravenswood (Brown). You may transfer to these lines from all other train lines in most downtown stations. NOTE: The Evanston Express does not have Saturday or Sunday Service. Transfer from the Evanston Purple line to the Red Line at Howard Street.

By Bus: Bus routes interconnect throughout the city. Several buses stop very near the campus. All routes are subject to change by the CTA. You may reach the CTA at (312) 836-7000 or 1-888-972-7000.

For more information, visit www.transitchicago.com. #74 Fullerton Ave. #11 Lincoln Ave. #8 Halsted St.