

5TH ANNIVERSARY
BAY AREA
BOOK
FESTIVAL

MAY 4 + 5, 2019
DOWNTOWN BERKELEY
225 AUTHORS • 100 SESSIONS
FREE OUTDOOR FAIR



FOR TICKETS + INFO:
BAYBOOKFEST.ORG

Breathe: Health and Spirituality Programming

Saturday, May 4

10:00 - 11:15

Morning Mindfulness (The Marsh Cabaret)

Gary Gach

Lately, it seems everything is calling itself “mindful.” This morning’s session will set us straight. Join two longtime Buddhist teachers who happen to be very funny: Gary Gach, author of “Pause. Breathe. Smile.” and Wes “Scoop” Nisker, author of “Crazy Wisdom” and “You Are Not Your Fault.” Find out what is mindfulness, and what it’s not. And see for yourself, as they lead us in guided mindfulness meditation. Experience greater ease, awareness, and joy in your Festival day.

5:00 - 6:15

The Astrological Grimoire (Brower Center, Tamalpais Room)

Helen "Shewolf" Tseng

Get witchy and deepen your creative practice with the holistic and customizable tools for astrological self-discovery inside "The Astrological Grimoire" by author, designer, and co-host of BFF.fm's Astral Projection Radio Hour, Helen "Shewolf" Tseng. Divided into 12 chapters, one for each sign, the book offers horoscopes based on moon phase and "mood phase"—emotions and life events—so you can always find a horoscope that speaks to your current life moment.

Sunday, May 5

10:00 - 11:15

Goddesses, Grandmothers, and the Everyday Divine (Magnes Museum)

Hallie Iglebart Austen and Vijaya Nagarajan, moderated by Arisika Razak

Start your morning by celebrating the Divine Feminine, as millions of women do around the globe. In "The Heart of the Goddess: Art, Myth and Meditations of the World's Sacred Feminine," scholar-practitioner Hallie Iglehart Austen shares female imagery throughout time, challenging dominant narratives about human nature. In "Feeding A Thousand Souls: Women, Ritual and Ecology in India," Professor Vijaya Nagarajan explores the ritual of Tamil women who rise each dawn to create kolams, rice-flour designs that honor Hindu goddesses and incorporate concepts of beauty, mathematics, generosity, and even climate chaos. Moderator Arisika Razak, professor at the California Institute for Integral Studies (CIIS), is a healer, ritualist, spiritual dancer, and educator who practices an eclectic mix of Earth-based spiritual traditions. Sponsored by the California Institute of Integral Studies.