

Walking the Path of Daily Life



March non-residential retreat
with
Anna Douglas
and
Community Dharma Leaders
Lhasha Tizer and Terry Magee

How do we apply the teachings of Mindfulness to our daily life? The practical wisdom of the Eightfold Path provides a roadmap. On this non-residential retreat we will use the situations and challenges of our daily lives as opportunities to apply the wisdom of the Path.

For the week of the retreat we will take Precepts, commit to daily practice, practice Right Speech (including Noble Silence during formal retreat hours), and have the wonderful support of Sangha and Teachers.

This retreat is especially designed for those who have taken Lhasha and Terry's classes in Mindfulness and/or the Four Noble Truths, and open to those who have an established practice.

WHEN: March 14, 16, 17 & 20, 2010

*The retreat begins with a daylong,
Sun, Mar 14th, 9:30am-4:30pm,
followed by evening classes on
Tues and Wed, Mar 16th and 17th, 6:30pm-8:30pm
and ends with a daylong,
Sat, Mar 20th, 9:30am-4:30pm.*

SUGGESTED DONATION: \$60-\$100

*The proceeds will be split with 60% offered to the
facilitators and 40% to TCMC.
No one will be turned away due to inability to pay.*

LOCATION: TCMC 1231 E. Edison

1 block South of Grant, 2 houses West of Mountain

TO REGISTER: Send check payable to TCMC
to:

**TCMC c/o Shelly Hubman
6795 E. Calle La Paz, apt # 11207
Tucson, AZ 85715**

*In the event that the retreat fills up, first priority will
be given to those that send payment in advance.*

CONTACT: Shelly

at shubman@comcast.net
or call (773) 988-6527

*This email address is being protected from spam
bots, you need Javascript enabled to view it.*

Anna Douglas, PhD, is a founding teacher of Spirit Rock Meditation Center and teaches classes and retreats nationwide. She has a background in psychology and, in addition to 25 years of vipassana practice, has studied with teachers in the Zen, Advaita and Dzogchen traditions. She lives part of the year in Green Valley.

Lhasha Tizer, M.S. has been practicing and teaching formal meditation techniques for over 30 years. She began practicing in the Vipassana tradition 16 years ago with both Spirit Rock teachers and Shinzen Young. She teaches mindfulness classes at Miraval Life in Balance Resort and the Tucson Community Meditation Center.

Terry Magee has been practicing mindfulness meditation since 1995, studying under Shinzen Young, Anna Douglas and other Spirit Rock teachers. She has been facilitating mindfulness meditation since 2000, providing interactive meditation sessions and teaching meditation classes at the Tucson Community Meditation Center.

Lhasha and Terry are Community Dharma Leaders under the mentorship of Anna Douglas.