



Tucson Community  
MEDITATION CENTER



## Awakening Joy: 10 Steps on the Road to Happiness

Continuing with space in February

6:30pm – 8:00pm. 11 week class series+ book,

**Awakening Joy by James Baraz.**

*“Joy is not incidental to the spiritual experience. It is vital”*

-Rabbi Nachman of Breslov

For many years the online Awakening Joy course has offered participants, world-wide, and a message that you can be happy. Founded in simple Buddhist principles, accessible to all faiths, these concepts provide a step by step template to a more positive outlook on life. Each week consists of one part of a 10 step program including Dharma talks, readings from the book, practical exercises and advice.

**WHEN:** Wednesday, January 22 – April 1, 2020

**LOCATION:** Tucson Community Meditation Center 1147 N. Howard Blvd. Tucson, AZ 85716

**DIRECTIONS:** One-half block N. of Speedway and one-half block S. of Bellevue, on the west side of Howard. Park on the street, in the two parking spaces in front or in the back if there is room.

**TO REGISTER:** To Register: go to

[tucsonmeditation.org](http://tucsonmeditation.org) or send check (payable to TCMC), email and phone # to TCMC c/o Awakening Joy PO Box 43415 Tucson, AZ 85733

**TCMC Fee: \$7.00 per class or \$55 for the series, plus a Dana donation to the teacher.** These 2,600 years old teachings of the Buddha are supported by *Dana* a Pali word meaning Generosity. You are invited to give generously, to support Lhasha in continuing her dharma teaching. **Suggested donation \$10.00 per class.** *No one is ever turned away for inability to pay. Volunteer options are available.*

**CONTACT:** Contact Name: Lhasha Tizer  
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**TEACHER:** Lhasha Tizer, M.S. has been practicing and teaching formal meditation techniques and Buddhist Studies for over 40 years. She began practicing Insight Meditation 25 years ago with Spirit Rock teachers and has taught at TCMC since 2000. She is a certified Community Dharma Leader from the Spirit Rock program and Desert Insight meditation.