



Tucson Community
MEDITATION CENTER



*Understanding life is only second prize. Experiencing life – now **that's** first prize ...* Joseph Campbell, *The Hero's Journey*

Embodied Awakening: Coming to Our Senses Tuesdays 6:00 - 7:15 pm.

Drawing upon world traditions of sensory-based meditation practice, we ground ourselves in “ordinary” seeing, hearing, breathing and connecting to pulse & heartbeat. Through coming to our senses, we cultivate an internal *home base* from which to navigate challenges, thrive & explore. This *Heart Rhythm Meditation* class includes guided meditation and silent sitting, for both beginning & experienced meditators. Practicing together, we deepen meditative awareness of everyday experience – gateway to extraordinary energy, connection and inspiration.

Taught by Dr. Bonnie Colby, meditation teacher, UA professor, active in Tucson meditation community since early 1990s. *No fee. Donations gratefully accepted.*



Bonnie is grateful for 4 decades of training in both western and eastern meditative practice through: the Sufi path of the Heart with Susanna & Puran Bair; Rinzai Zen & flow of expansion-contraction with Shinzen Young & Joshu Sasaki Roshi; and a long lineage of Christian mystics. Bonnie serves as teacher, mentor and personal retreat guide in the Institute of Applied Meditation. www.iamheart.org

Questions? Contact Bonnie at heartprof@gmail.com or 520-730-5889

Class meets at the Tucson Community Meditation Center, a non-profit community center, located at 1231 E Edison St, 85719. TCMC is in residential neighborhood, so park courteously. Disabled parking in driveway. Please do not park in front of homes in same block as the Center. Bike rack in side yard.

tucsonmeditation.org.