



Tucson Community
MEDITATION CENTER



*We wander from room to room hunting for the jeweled necklace
that already encircles our throat ... Rumi*

Meditative Awareness: Becoming Flow

7 weeks Thursdays Sept 28 - Nov 9 6:15 - 7:30 pm

With meditative awareness, "ordinary" experiences of seeing, hearing, moving & breathing become gateways to extraordinary depth and connection. We participate in the flow of "all that is", that which courses in our veins and which turns the galaxies. Our meditations give us energy and inspiration to navigate challenges, thrive, explore and serve. Cultivate your meditative awareness in this experiential class series.

Guided meditation and silent sitting, valuable for beginning & experienced meditators.

Taught by Bonnie Colby, PhD, meditation teacher, UA professor, active in TCMC since early 1990s. *No fee. Donations to TCMC gratefully accepted.*



Bonnie is grateful for 4 decades of training in both western and eastern meditative practice through:
the Sufi path of Hazrat Inayat Khan with Susanna and Puran Bair; Rinzai Zen and flow of expansion-contraction with Shinzen Young and Joshu Sasaki Roshi; the East-West mystical

tradition of Thomas Merton. 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**

TCMC is located at 1231 E Edison St, 85719. TCMC is in a residential neighborhood. Please do not park
in front of homes in the same block as the Center. Disabled parking available in driveway.

tucsonmeditation.org