



Tucson **Community**
MEDITATION CENTER



Diving Deep Into Metta

Practice Loving-Kindness

Shelly Hubman

6:30-7:30 Tuesdays:

Series 1: June 11-July 2

Series 2: July 9-July 30

We will devote this 60 minute period to exploring metta practice through guided meditation periods followed by discussion. Each day we will expand the length of time we practice to grow and deepen our practice. We will explore the joy of radiating love to all beings, even the difficult ones. Come prepared to dive deep. Much love.

It is important to the future of TCMC to observe mindful parking by not parking on the same block as the Center and by leaving an empty parking space in front of the homes on the neighboring blocks. Please reserve TCMC driveway parking for people who cannot walk far. Thank you!

WHEN: 6:30-7:30 Tuesdays

Series 1: June 11-July 2

Series 2: July 9-July 30

LOCATION: Tucson Community Meditation Center 1231 E. Edison Tucson, AZ

DIRECTIONS: One block S. of Grant and 2 houses W. of Mountain Ave.

FEE: \$40.00 for 4 week class series.

No one will be turned away due to inability to pay.

TO REGISTER: go [HERE](#) or send Check Payable to TCMC, along with your name, phone number, email address to: PO Box 43415 Tucson, AZ 85733

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TEACHER: Mindfulness practice is an ongoing process of deepening awareness and expanding possibilities. For me, mindfulness involves daily practice, observation, inquiry, insight, guidance, and play. I began to explore mindfulness formally in 1992, although I have always been reflective and drawn to inquiry. I was particularly driven to understand the points of discontent, pain, sadness, and frustration I was aware of in my life and I saw in the lives of others. Many years later on week 3 of a meditation retreat in South India, I found myself exploding into a joy I had never known existed and have since dedicated my life to exploring self and other. I am also a graduate of Dharma Treasure teacher training, a certified yoga instructor, and a former Spanish lecturer.

Shelly Hubman, Mindfulness Coach (<http://mindfuledex.com/>)