



Mastering the Art of Meditation

A Four Week Class

Thursdays, Oct. 5-26th

With Nick and Blake B.

This class will teach you to meditate from the ground up incorporating the latest research in cognitive psychology and neuroscience. It is suitable for beginners and intermediates. You will learn the following.

1. How to establish a regular meditation practice
2. Techniques to collect and unify the mind
3. Ways to improve your awareness, and mindfulness
4. How to find more joy in meditation and in daily life
5. Techniques for working with difficult emotions in meditation and daily life

This class will consist of hands on guided meditation sessions, reflections, discussions, teachings, and homework assignments.

Upasaka Culadasa's book "The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom, and Brain Science" is recommended reading for the course but it is not required.

It is important to the future of TCMC to observe mindful parking by not parking on the same block as the Center.

WHEN: Thursday Evenings: 6:30 – 8:15 from Oct. 5 - 26. Students are encouraged to join the class in the 1st or 2nd week, but drop-ins are accepted.

LOCATION: TCMC 1231 E. Edison Tucson, AZ

FEE: \$35 for all four weeks, or \$10 per class for drop-ins. Work scholarships are available. No one will be turned away due to inability to pay.

CONTACT: Blake B. tcmcregister@live.com or 520-514-2262 **PLEASE REGISTER IN ADVANCE**
[REGISTER HERE](#)

TEACHERS: **Nick Van Kleeck:** has practiced meditation since 1987, first in the Zen tradition with Robert Aitken and John Tarrant, and later with Vipassana teachers including Gil Fronsdahl. His related interests include inquiry as practiced in the Diamond Approach and Somatic Experiencing. He has studied with Culadasa since 2010. **Blake Barton:** has practiced daily meditation and the Buddhist path since 2001. Ten of those years were with Culadasa. He has attended numerous 10 day retreats with Culadasa, Shinzen Young and other meditation teachers. He completed a four year meditation teacher training class with Culadasa, and he has been teaching meditation for around 5 years.