



The 8 - Fold Path to Happiness with Community Dharma Leader Lhasha Tizer

8 Week program begins

Wednesdays, August 21–October 9, 2019

From 6:30-8:00pm

Just as a capable physician might instantly cure a patient who is in pain and seriously ill; so also...whatever one hears of the Buddha's Dharma, be it discourse, mixed prose, explanations or marvelous statements-one's sorrow, lamentation, pain, grief and despair will vanish.

-Angutatra Nikaya

The core of the Buddha's teachings can be described in two essential principles: The Four Noble Truths and the Noble Eight Fold Path. The 8- Fold Path arises from the Fourth Truth; walking a path that ends suffering and leads to happiness. This roadmap is for cultivating the fundamental ingredients needed to live a mindful life. A 2,600 year old step by step process of mental training for creating contentment, happiness and for ending suffering.

Who should take this course? The most important factor is a strong desire to expand and deepen your mindfulness practice and the wish to bring it into daily living. This class is ideal for those who have basic training in mindfulness meditation, beginners and drop ins are welcome to come see if it is right for you.

*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: Wednesday, August 21 – October 9

LOCATION: Tucson Community Meditation Center 1231 E. Edison

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

To Register: go [HERE](#) or send check (payable to TCMC), email and phone # to TCMC c/o to Eight Steps PO Box 43415 Tucson, AZ 85733

Cost: TCMC is \$45.00 for 8 weeks. Drop ins fee is \$7.00 per class. Plus Dana for the teacher. Dana or Generosity, teachings of the Buddha is about giving what we can, from our heart. Please give generously so Lhasha can continue to provide these precious teachings. **Suggested donation is \$10.00.**

CONTACT: Lhasha Tizer
Contact email: lhasha9@gmail.com
Contact Phone: 520-321-3670

TEACHER: Lhasha Tizer, M.S. has been practicing and teaching formal meditation techniques for over 40 years. She began practicing Insight Meditation 24 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.