



This new book begins Monday, February 4

Desert Insight Meditation Book Group

Mondays, from 10–11:30 a.m.

Standing at the Edge: Finding Courage Where Fear and Freedom Meet

by Joan Halifax Roshi

With Community Dharma Leader **Lhasha Tizer**

Joan Halifax has enriched thousands of lives around the world through her work as a humanitarian, a social activist, an anthropologist, and as a Buddhist teacher. Over many decades, she has also collaborated with neuroscientists, clinicians, and psychologists to understand how contemplative practice can be a vehicle for social transformation. Through her unusual background, she developed an understanding of how our greatest challenges can become the most valuable source of our wisdom—and how we can transform our experience of suffering into the power of compassion for the benefit of others.

TO REGISTER: DIM Book Study Group is a commitment to participate in weekly meetings and readings until the book is completed. You can call, 520-321-3670, or email Lhasha, Lhasha9@gmail.com, to let her know you will be joining.

[Complete class information](#)

This new book begins Monday, February 4, 2019, from 10–11:30 a.m.; classes are ongoing / weekly.

Tucson Community Meditation Center, 1231 E. Edison