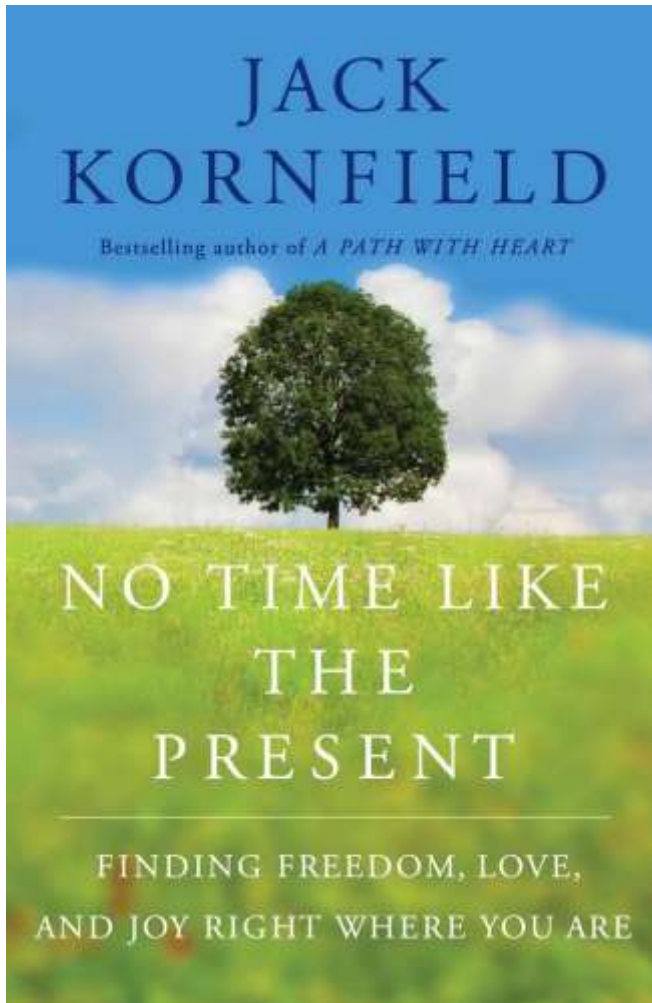




Tucson Community MEDITATION CENTER

Desert Insight Meditation invites you to join our Book Study Group for meditation, reading, study, and discussion of our new book. We are a wonderful group who love to have deep conversation and practice mindful listening.



Renowned for his story telling, humor, mindfulness and meditation practices, Jack Kornfield offers the keys for opening gateways to shifts in perspective, clarity of vision, and allowing you to take a new course of action and to simply relax.

Drawing from his own life experience, he presents different paths to different types of wisdom — freedom

from fear, to start over again, to love, to be yourself with happiness — he guides us into an active process that engages your mind, heart, spirit and which opens to real joy.

WHEN: Begins Tuesday, September 26, 2017 from 6:30-8:30p.m.

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

DIRECTIONS & PARKING INFO: TCMC is located one block south of Grant Road and two houses west of Mountain Avenue. *It is very important* to observe mindful parking by not parking on the same block as TCMC and by leaving an empty parking space in front of the homes on the TCMC block. Please reserve TCMC driveway parking for people who cannot walk far. Thank you!

FEE: \$5–\$7 weekly fee for TCMC plus Dana — a *Pali* word meaning generosity — for the teacher. Please continue to support Lhasha in offering these 2,600-year-old priceless teachings of the Buddha.

TO REGISTER: Desert Insight Meditation Book Study Group is a commitment to participate in weekly meetings and readings until the book is completed. You can call or email Lhasha to let her know you will be joining. Payments can be made weekly or monthly to cover the TCMC fee and Dana for the teacher.

CONTACT: Lhasha Tizer, lhasha9@gmail.com, 520-321-3670

About the Teacher: Lhasha Tizer, MS, has been practicing and teaching formal meditation techniques for over 35 years. She began practicing Insight Meditation 21 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 and teaches for Desert Insight Meditation.