



The Joy of Letting Go: Creating Simplicity and Balance

Non-Residential Workshop/Retreat with
Spirit Rock Teacher - James Baraz

October 11-13, 2019

Just what does the phrase "let go" mean? Renunciation (nekkhama in Pali), one of the ten perfections, is often thought of as sacrifice, as something we should do because it's "good for us" though not particularly uplifting. Actually, the Buddha spoke of this quality as leading to true contentment and happiness.

During this retreat, which includes periods of silent sitting and walking meditation, we will explore the theme of how renunciation is related to joy. We will discuss

- what letting go means,
- how letting go leads to simplicity and balance
- how letting go manifests as the perfection of generosity.

Practices will be offered to work with letting go in our daily life.

WHEN: Friday, Oct. 11, 6:30-8:30pm Saturday, Oct. 12, 9-5pm Sunday, Oct. 13, 9-4pm

WHERE: Tucson Osteopathic Medical Foundation 3182 N Swan Rd
(located on the southeast corner of Swan and Camp Lowell, in the Village Offices complex.)

COST: \$125/weekend, paid in advance. At the door, \$135
No one will be turned away due to the inability to pay and scholarships are available

James will receive 60% of the income from the retreat to support his teachings, and TCMC will receive 40% to help cover ongoing operating costs. Dana (donations) will **not** be requested, but a bowl will be available if you wish to offer dana to James.

To register please complete the online registration **HERE**. If you prefer, you may mail your check with **NAME, PHONE, EMAIL** to TCMC c/o Letting Go, PO Box 43415 Tucson AZ 85733

CONTACT: Blake Barton tcmcregister@live.com 520-775-1626

ABOUT THE TEACHER: James has been a meditation teacher since 1978. He is creator and teacher of the Awakening Joy course (since 2003). He leads retreats, workshops and classes in U.S and abroad. Co-founding Teacher of Spirit Rock Meditation Center in Woodacre, CA. Co-author of *Awakening Joy*, the book based on the course (with Shoshana Alexander). He is a Guiding Teacher for One Earth Sangha, a website devoted to expressing a Buddhist response to Climate Change. James lives in Berkeley, California with his wife, Jane. More info: <https://www.awakeningjoy.info>