



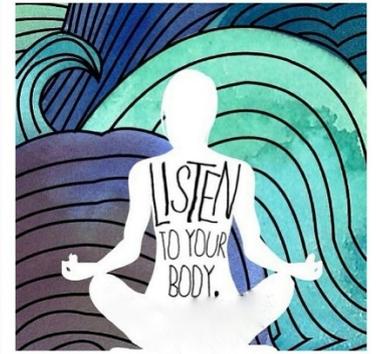
Tucson **Community**
MEDITATION CENTER



Awakening Through the Wisdom of Our Bodies

*A Non-Residential Meditation Retreat
with*

Brian Lesage
January 11-13, 2019



This retreat will focus on cultivating an embodied quality of presence as a way of bringing a deeper sense of freedom and contentment into our lives. Join us for this opportunity to explore the power of mindfulness through silent sitting and walking meditation, as well as optional times to engage in the embodied practice of chanting. The retreat is designed for beginners and experienced practitioners alike, and most of it will be held in silence.

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

COST: \$45 for the weekend, \$10 Friday only if paid in advance. At the door, \$55 or \$12 Friday only. Scholarships are available. These fees only cover TCMC's retreat and monthly expenses. Brian Lesage receives no compensation from TCMC. You will have the opportunity to offer Dana donations to the teacher, a Buddhist tradition of generosity. In the Buddhist tradition, teachings are given freely because they are considered priceless. Dana is not payment for goods and services; it is a gift for the teacher from your heart in gratitude.

WHERE: TCMC 1231 E. Edison Tucson, AZ. It is important to the future of TCMC to observe mindful parking by not parking on the same block as the Center. To register, please complete the online registration [HERE](#) OR send check payable to TCMC, along with your name, phone number and email address to: TCMC c/o Retreat, PO Box 43415, Tucson, AZ 85733

CONTACT: Melanie Knapp - mmknapp19@gmail.com (812) 760-3759

About the Teacher: Brian Lesage has practiced Buddhist meditation since 1988 and has taught meditation since 2000. He has studied in the Zen, Theravada and Tibetan schools of Buddhism. He was ordained in the Rinzai Zen tradition in 1996. His training in Vipassana Meditation includes doing extended meditation retreats in Myanmar (Burma), Nepal, and India as well as numerous retreats in the U.S. He leads retreats and teaches meditation courses nationwide. In teaching the Dharma, Brian is interested in maintaining a close tie with this 2,600 year old tradition and conveying it in a way that speaks to our current situation. More info: <https://liberatingawareness.com>