



Bringing the Sacred into Everyday Life

A Non-Residential Retreat with Community Dharma Leader

Lhasha Tizer and peer-led instructor Betty King

October 12-14, 2018

Please join us for a weekend exploring and practicing the special ceremonies and rituals involved in Buddhist teachings. This can be a way to strengthen your connection to the Dharma through 'adherence to precepts and religious observance' including ritual. These help us to prepare for the deep letting go which is needed for freedom.

“Rituals, as important elements in human life, have been a significant aspect of Buddhist practice since the time of the Buddha. Rituals are a form of language that expresses many dimensions of our human condition, including our relationship to others and the spiritual life... As a way of being mindful, they can bring heightened awareness to aspects of our experience needing attention. When done wholeheartedly. They help us discover and express some of our deepest feelings and aspirations.”

*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 the teachers and people who cannot walk far. Thank you!

WHEN: October 12-14, 2018 Friday evening 6:30-8:00pm, Saturday 9:30am-4:30pm, Sunday 9:30am-4:00pm.

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

FEE: \$40.00 for entire weekend or \$10.00 for Friday night only (if paid in advance) \$50 and \$12 at the door, for TCMC. **Plus Dana or generosity** for the teacher. Please support Lhasha in continuing to offer these 2,600 year old teachings. Give generously what you can.

No one will be turned away due to inability to pay.

TO REGISTER: To register please complete the online registration at <http://tucsonmeditation.org/retreats>. Click on Bringing the Sacred into Everyday Life, click on Register Here, scroll down, Click on Register (Individual)

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

CONTACT: Lhasha Tizer

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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 23 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.