



Tucson **Community**  
MEDITATION CENTER

**Hayward M. Fox, Ph.D.**  
invites you to attend our 2017  
**Summer Series**

**June 24, July 29 and August 26**

Our mental and emotional state contours our perception of self and surrounding circumstance. Join us this summer for **Open State Training**, practices that relax our personal position and reactive patterns. Allow for increased ease and wellness of being.

(Attendance at all three teachings is welcome, but not necessary.)

*We will make this inquiry together through the use of teachings, guided meditation and contemplative practices.*

**WHEN:** Saturdays, Jun 24, Jul 29 & Aug 26  
8:30 am to Noon

**LOCATION:** Tucson Osteopathic Medical Foundation  
3182 N. Swan Road (SE corner Swan & Camp Lowell)

**FEE:** \$45 each teaching or \$120 for all three teachings if paid by June 24th.

**ONLINE REGISTRATION:** CLICK **HERE** or go to  
[www.TucsonMeditation.org](http://www.TucsonMeditation.org)

**REGISTER BY MAIL:** Send a check payable to TCMC to  
**TCMC c/o Hayward Fox / PO Box 43415 / Tucson, AZ 85733**

**Walk-ins are always welcome!**

**CONTACT/INFORMATION:** [Linda@bw-appraisals.com](mailto:Linda@bw-appraisals.com)



**Hayward Fox** is a psychotherapist who, over the past forty years, has conducted over 60,000 interviews with people discussing their personal concerns and interests. What makes him a master teacher is his ability to meld his psychotherapy and meditative practices -- "two wings of the same bird" -- and provide a gentle, intuitive and safe presence. He responds to our intention to be free of inhibiting patterns and to recognize our authentic nature.

[www.HaywardFox.com](http://www.HaywardFox.com)