



Tucson **Community**
MEDITATION CENTER

The Heart of Understanding

Weekend Non-residential Retreat with

Poep Sa Frank Jude Boccio

May 11 – 13, 2018

The Maha-Prajna-Paramita-Hridaya Sutra, or *The Great Perfection of Wisdom Heart Sutra*, better known as simply *The Heart Sutra* is arguably the most famous and perhaps most significant of the Buddhist sutras. Chanted daily in Mahayana Buddhist monasteries, temples, and meditation centers throughout the world, it offers a concise overview of the major Buddhist philosophical concepts and categories through the actual negation of their independent existence. What's more, the sutra is offered as a kind of meditation manual as the speaker – none other than the Bodhisattva of Compassion – offers each of these concepts and categories as objects of and for meditation. In this non-residential retreat, Poep Sa Frank Jude will present talks on these philosophical objects as introductory props and guidelines for engaging with meditative inquiry. The retreat will consist of approximately 50% meditation and 50% teachings and discussion. Please consider bringing your lunch. A refrigerator and microwave are available.

WHEN:

May 11 – 13, 2018

Friday: 6:30 pm – 8:00 pm

Saturday & Sunday: 9:00 am – 4:00 pm

LOCATION:

Tucson Community Meditation Center; 1231 E Edison St; Tucson AZ 85719

DIRECTIONS:

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

TO REGISTER:

Please complete online registration [HERE](#)

or send your email, phone and check payable to:

TCMC c/o Frank Jude Retreat; PO Box 43415; Tucson AZ 85733

CONTACT:

Poep Sa

frankjude@mindfulnessyoga.net

SUGGESTED FEE:

TCMC Fee: \$45 for the weekend or \$5 for Friday Night only if paid in advance. \$55 or \$10 at the door.

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

Frank Jude receives no compensation from TCMC. You will have the opportunity to offer Dana donations to the teacher. 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.



TEACHER: Poep Sa Frank Jude Boccio is a certified Yoga Teacher, and Zen Buddhist Dharma Teacher ordained by Korean Zen Master, Samu Sunim. His eclectic approach is influenced by his study of a variety of Yoga approaches and his many years of Dharma practice, evidenced by his emphasis on mindfulness and compassionate action. He is a founding member of the Religious Naturalist Association and the Sacred Naturalism Project. His book, *Mindfulness Yoga: The Awakened Union of Breath, Body, and Mind* is the only one to apply the Buddha's Mindfulness Meditation teachings to yogasana practice. His writings have appeared in *Tricycle*, *Shambhala Sun* and *Yoga Journal* as well as in several popular anthologies. Based in Tucson, he travels worldwide, leading workshops and retreats. Please contact him through www.emptymountainsangha.org or www.mindfulnessyoga.net