



Tucson **Community**  
MEDITATION CENTER

## ***Opening the Encrusted Heart Beyond Fear and Anger***

**Hayward M. Fox, Ph.D.**  
invites you to attend

**2019 Summer Teaching Series**  
**June 22, July 27, August 24**



*Our need to protect our separate sense of self leaves us safe,  
but alienated and estranged.*

*Defenses insulate the heart that yearns to belong.*

*Can we engage intimacy and know we are always already home?*

**PLEASE JOIN US FOR OUR FIRST MEETING ON JUNE 22<sup>nd</sup>.**

This summer series will offer every registrant a video of the training.

This is included so you can review the teachings and practices.

If you have registered for a session and are unable to attend live, the video will be yours to view and review at your leisure.

**WHEN:** Saturdays 8:30 am to Noon      **LOCATION:** Tucson Osteopathic Medical Foundation  
3182 N. Swan Road (SE corner Swan & Camp Lowell)

**FEE:** \$45 each workshop or \$120 for all three teachings if paid by June 22.

**Online REGISTRATION:** [CLICK HERE](#)

**REGISTER BY MAIL:** Send name, email and 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 fifty 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)