



Tucson Community
MEDITATION CENTER



Freedom through Seeing the Selfless Nature of Experience

*A Silent Non-Residential Meditation Retreat
with*

Brian Lesage
October 13-15, 2017



The Buddha's teachings on Selflessness (Anatta) are some of the most profound and essential aspects of this path toward our freedom and awakening. This retreat is designed to explore the many aspects of this teaching through the practice of continuous mindfulness meditation in silence throughout the day – in sitting and walking meditation. In the silence, we can begin to move toward unpacking the delusion of a separate self which allows compassion and wisdom to arise in our lives. This retreat is designed for beginners and experienced practitioners. 20-25% of the time will be teaching/discussion, the remainder will be in silence.

WHEN: Friday, Oct 13, 6:30-8:30pm. Saturday, Oct 14, 9-5:00pm. Sunday, Oct 15, 9-4:00pm.

COST: \$40 for the weekend, \$10 Friday only if paid in advance. At the door, \$50 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 at <http://tucsonmeditation.org/retreats> OR send Check Payable to TCMC, along with your name, phone number and email address to: TCMC c/o Brian Lesage Retreat, PO Box 43415, Tucson, AZ 85733

CONTACT: Jeannie Fruean – jeanniefruean@comcast.net (520) 971-4362

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>