



Moving Into Stillness: A Day of Sitting & Walking Meditation

Monthly at TCMC

Daylong Retreat Practice,

3rd Sunday of the month, Oct. 21, Nov. 18, Dec. 16, 2018

Time: 9:30am- 4:30pm

Facilitated by **Lhasha Tizer, Community Dharma Leader**

"When you plant seeds in the garden, you don't dig them up every day to see if they have sprouted yet. You simply water them and clear away the weeds; you know that the seeds will grow in time. Similarly, just do your daily practice and cultivate a kind heart. Abandon impatience and instead be content creating the causes for goodness; the results will come when they're ready." - Bhikshuni Thubten Chodron, "Meditator's Toolbox"

Please join us, once a month, for a nourishing day of sitting and walking meditation in noble silence. Ideal for all levels; for beginners this is a wonderful opportunity to taste the benefits of retreat-style practice, and for more experienced practitioners a way to enhance, broaden, and deepen their practice.

The day will begin with a short talk on questions, noble silence, meditation instructions followed by alternating periods of sitting and walking meditation, a quiet lunch (brown bag), a Dharma talk, continued meditation and time for Q&A and sharing. *** Please review the Guidelines for Daylongs, on the TCMC website.**

*Please come for the entire day if at all possible; or attending either the morning or afternoon session is fine as well. Please arrive between 12:30 (for lunch) and 1:30(after lunch) if only attending the afternoon session. ***Please wear no scents as others are allergic to them.**

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 people who cannot walk far. Thank you

WHEN: Sunday, Oct. 21, Nov. 18, Dec. 16

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

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

FEE: Sliding Scale \$20-\$30 for the day

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

Contact: Steve Ross, steve.ross@breathingcoachtucson.com or (520) 825-2009. **Please bring a lunch, there is a refrigerator and microwave for your use. Please help us keep this event Fragrance-Free.**

REGISTRATION: Please use our online Registration system at **HERE**, or you may register at the door.

TEACHER: Lhasha Tizer, MS, has been studying, practicing and teaching meditation for 40 years. She is a Community Dharma Leader from the Spirit Rock Program, teaching Insight meditation for 22 years. She has been practicing and teaching meditation over thirty-five years and at TCMC since 2000.