



Shinzen Young is a Westerner who has trained extensively in Asian monasteries. His deep understanding of Eastern philosophy and Western science gives him the ability to teach meditation using an approach that is accessible to the modern mind. He has been conducting retreats in Tucson since 1980.

www.shinzen.org

Location: C.O.D. Ranch 37 miles North of Tucson in Oracle, AZ

9 Day, eight night Residential Retreat – *Two extra nights this year

Price is per person and includes accommodations and meals.

	Early Bird By Jan. 9 th	After Jan. 9th
Triple/Quad Occupancy	\$1030	\$1080
Double Occupancy	\$1140	\$1190
Single Occupancy	\$1275	\$1325
Camping	\$870	\$920
Online host discount	\$150	\$150

Singles and Doubles are limited and are available on a first come, first served basis. We suggest that you register early, and we will do our best to give you your room preference.

**To Register: go [HERE](#)
Contact: Blake Barton at
tcmcregister@live.com (preferred) or
520-775-1626**

***Registration Deadline is Feb 7th at 9:00 AM Pacific Time**

Mindfulness Meditation Intensive Residential Retreat Feb. 9-17, 2019 with Shinzen Young

Hosted by the
**Tucson Community Meditation
Center**

A non-sectarian, non-denominational practice that develops concentration, insight and compassion. Mindfulness Meditation (Vipassana) increases one's moment-by-moment awareness of the ordinary mind-body processes. As this awareness is cultivated, blockages and limiting forces become conscious, are observed with detachment and are released. Everyone can develop skill in this simple technique, and it is a practice that can create profound changes in how we live. This retreat is suitable for those wishing an introduction to meditation, as well as for experienced meditators.

This retreat is for persons of all levels of meditation experience who are interested in deepening and intensifying their meditation practice. This is a silent retreat with sitting and walking meditation, as well as sessions of mindful movement, i.e. Yoga or Qi Gong. Instruction is through lecture, guided meditation, private and group interviews, and 'online meditation support'. Special instructions will be available for newcomers during the retreat.