



Tucson Community MEDITATION CENTER



Rewiring the Body and Mind

A non-residential meditation retreat with Stephanie Nash

November 10, 11, and 12

LOCATION: Tucson Community Meditation Center 1231 E. Edison, Tucson, AZ. One block S. of Grant and 2 houses W. of Mountain Ave.

Friday evening (7PM – 9PM) will be a general introduction to the retreat, and an opportunity to get acquainted.

Saturday (9AM-4PM) will focus on “rewiring the body” and will begin with a sitting posture clinic and feature continued check-ins throughout the day, and delving into strategies for working with unhelpful physical habits and discomforts in sitting. Meditations focusing on physical experience will also be explored.

Sunday (9AM-4PM) will focus on “rewiring the mind”, delving into habits of thinking, judging, complaining, worrying, regretting, and so on, how these habits create neuropathways in the brain, and exploring strategies for letting go of old, unhelpful thinking habits and replacing them with those we would like to cultivate.

This retreat will consist of approximately equal parts talk and meditation practice.

We will have a break for lunch each day. Students will need to provide their own meals. A refrigerator and microwave oven will be available.

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!

TCMC FEE: Paid in advance: \$55 for the weekend, \$10 for Friday only. At the door \$65 for the weekend and \$12 for Friday. No one will be turned away due to inability to pay. **Stephanie’s compensation will come from requested donations.**

TO REGISTER: Register Online [HERE](#) or Send Check Payable to TCMC, along with your name, phone number, and email address to: PO Box 43415, Tucson, Arizona 85733.

Questions can be addressed to:
Blake.Ashley@comcast.net 520-240-5065

TEACHER: **Stephanie Nash** is a Mindfulness Coach and Integrative Counselor who has been teaching mindfulness for 18 years. She has worked closely with Shinzen Young since 1998 – including teaching mindfulness for the Harvard Medical School brain study. Stephanie’s meditations will be featured on the soon-to-be-released Brightmind App based on Shinzen’s methods. She is author of the popular Posture-pedia guide now used by meditation teachers and centers around the world and hopes to complete her book on sitting posture by the end of this year.