



# Sitting Together

## A Morning of Shared Practice

A Peer-Led Half-Day of Retreat-Like Practice  
Sunday, June 17, 2018 (also Sunday, July 22<sup>nd</sup>)  
8:15am- 12:15pm

Would you enjoy some serious practice in a group setting, without going away on retreat? That is the purpose of today's program, a peer-led half-day of silent practice. We'll alternate 45 minutes of sitting with 20 minutes of walking, followed at the end by a short, pre-recorded dharma talk and some time to discuss it.

The peer-facilitator is Steve Ross, a Theravada practitioner, who has recently been assisting dharma teacher Lhasha Tizer with the monthly Moving Into Stillness program at TCMC.

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, June 17, 2018, 8:15am-12:15pm

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

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

**FEE:** This program is offered on a donation basis. We suggest a donation of \$5 - \$20 to cover TCMC expenses. All are welcome, regardless of ability to pay.

If you have any questions, please contact Steve Ross, (520) 825-2009, [steve.ross@breathingcoachtucson.com](mailto:steve.ross@breathingcoachtucson.com).

*Please help us keep this event "fragrance-free."*

**REGISTRATION:** Please use our online Registration system [HERE](#), or you may register at the door.