



Tucson **Community**
MEDITATION CENTER

Awake Awareness

In person 4-week class series with Shelly Hubman & Brian Pearson

DATES: March 21, 28. April 4, 11.

FRIDAYS: 7:00 - 8:30pm



This series of 4 classes will explore different doorways into spiritual awakening, allowing your innate nature to be known. We will be using guided meditations and dyads. This will be an experiential-based class, working with participants' unique constitutions and gifts.

Suggested Donation: \$10 per class or \$40 for the 4-class series – no one will be turned away due to inability to pay.

Registration: – Use our online registration system [HERE](#)

Contact: Blake at registration@tucsonmeditation.org or 520-775-1626



Shelly Hubman is a spiritual coach, energy healer, and writer. She has logged thousands of hours sitting in stillness on a meditation cushion observing the mind-body which has led to awakenings, abilities to see a bit beyond, and joy. Shelly's currently writing a memoir and is a mom to Ellie Mae, a fluffy, gorgeous Pomeranian. [Spiritual Coach Shelly's Website](#)



Brian Pearson is a hospice nurse with over 25 years of practicing meditation and spiritual study with various awakened teachers, Brian has synthesized many awakening paths. He has a strong wish to support others in the realization of their essential being, whilst accepting that there are hundreds of ways up the mountain.