



Tucson Community
MEDITATION CENTER

TCMC Introduction to Mindfulness Workshop January 30th, 9:00 -12:30 online via Zoom

Are you Interested in developing or deepening a mindfulness meditation practice in 2021? This enjoyable class will provide a solid foundation for understanding mindfulness, its benefits, and easy to master techniques. It will include instruction, guided meditations, Q&A, and suggestions & resources for sustaining your practice

What is Mindfulness? A Google query to the topic yielded no fewer than 168 million results. Mindfulness-Based Stress Reduction (MBSR) founder, Jon Kabat-Zinn, defines mindfulness as “**paying attention in a particular way, on purpose, in the present moment, non-judgmentally**”.

Mindfulness teacher and neuroscience research consultant, Shinzen Young says “Mindfulness is a skill set of **three attention skills** working together:

1. **Concentration power** (high focus)
2. **Sensory clarity** (vivid and clear)
3. **Equanimity** (inner balance, acceptance)”

Best-selling NYT author and teacher, Sharon Salzberg, describes “Mindfulness as not just looking at what is happening, but how we are relating to it. We cultivate mindfulness to **develop insight, compassion, and connection**. The practice allows us to open to life in the deepest places.”

What are the benefits of a regular mindfulness practice?

- Mindfulness improves attentional skills
- Mindfulness boosts happiness and balance
- Mindfulness helps us to develop compassion for ourselves and others
- Mindfulness improves our communication and connection skills

If you interested in any of these benefits, check out this workshop!

The fee is \$25, but no one will be turned away due to inability to pay. **For more info or to register** please go [HERE](#).

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

Stephen Villaescusa has been meditating with Shinzen Young for over 25 years and is a Unified Mindfulness Certified Level 2 Coach. He was the TCMC Treasurer from 2001 to 2012.

Link to Stephen’s bio <https://unifiedmindfulness.com/stephen-a-villaescusa/>

