



## **Learning To Meditate: Getting Started with Mindfulness Meditation - In-person Workshop**

### **With Shelly Dorsey and Steve Ross**

### **Saturday April 22 - 9:00 am – 1:00 pm MST**

On this moonlit night, surrounded by silence and peace, we reflect in the new year: have I done well? How can I be, and do, better? Am I headed in the right direction? How can I be a force for positive growth and change, internally and externally, in this tumultuous world?

Mindfulness meditation can help us answer such questions. As we calm the mind and open our hearts, growing in compassion for ourselves and others, we learn how to see past the often harsh judgments we've inflicted on ourselves and others. With a kind heart and clear vision, we come into greater alignment with our highest values, and become more attuned to our loved ones and people in general.

Join us for a basic introduction to mindfulness practices, starting with the beautiful heart-centered meditations on good will and loving kindness, then moving on to basic instruction in mindfulness of breath, body, thoughts, and emotions, as well as some practical tips on how to use mindfulness to help deal with challenging everyday situations. Adding mindfulness meditation to your life through regular practice will help you be calmer, more confident, and more deeply connected. Masks are required, and we ask that you don't attend if you have any COVID symptoms.

**When:** Saturday April 22 from 9:00 AM - 1:00 PM MST/Arizona

**Where:** TCMC 1147 N Howard Blvd

**Suggested Donation:** \$25. This event is offered on a donation basis. No one will be turned away due to inability to pay.

**Registration is required:** To register please go to [www.tucsonmeditation.org](http://www.tucsonmeditation.org)

**Contact:** Steve at [Steve.ross@breathingcoachtucson.com](mailto:Steve.ross@breathingcoachtucson.com)

**Instructors:** Steve and Shelly are both graduates of the Mindfulness Meditation Teacher Certification Program (MMTCP), taught by Jack Kornfield and Tara Brach.

**Steve** is from the Bay Area, a licensed Marriage and Family Therapist, now semi-retired. He has been a dedicated practitioner in the Buddhist tradition since 2015, and ordained for some years in a mantra/yoga-based tradition in the '70's.

**Shelly**, a long-time Tucsonan and college educator who recently retired, has been meditating since 1996. She's practiced in the Christian contemplative tradition as well as in the Zen Buddhist and Vipassana traditions. She has a special interest in trauma-informed mindfulness and self-compassion practices.