



Tucson Community
MEDITATION CENTER



Finding Joy in the Sonoran Desert Summer:

A Sharing of Themes and Practices

Online class series with Stephen Villaescusa
June 27, July 11, 18, 25 - **5:30 – 6:30pm** Arizona/Pacific

The Sonoran Desert is quite beautiful, distinctive, and diverse. The basin and range topography supports many different biomes that are rich in both habitats and in species. Summer brings a dramatic departure from Fall /Winter / Spring weather.

The desert floor experiences beautiful early mornings, hot daytime temperatures, and bone-dry air before the arrival of the hit-or-miss summer monsoon rains. The mountaintop “Sky Islands” start with spring budding and blooms and turn a lush emerald green in the monsoon.

For Tucson residents, summer temperatures bring adjustments, schedule modifications, and mixed emotions. The heat can be stifling, but desert thunderstorms or cool mountain air can be magical and nourishing. (For students living in other parts of the country or Canada, you can adapt the themes to your environment.)

The Unified Mindfulness System offers excellent strategies and techniques to explore and enjoy a full range of activities and sensory experiences in a meditative way. This class is suitable for beginners to advanced meditators.

Each week, we will explore different themes and meditation practices and share reports. Our goals will be finding and enhancing joy, while minimizing stress and suffering.

Suggested Donation: \$5-10 per class or \$20-40 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



Stephen Villaescusa is a meditation teacher and retired executive. He has taught meditation classes for the Tucson Community Meditation Center, Unified Mindfulness, and St. Thomas the Apostle Church. He is intrigued with helping people bring mindfulness into daily life activities and spiritual practices, to enhance their satisfaction and happiness