



# Tucson Community MEDITATION CENTER

## Newsletter

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**Sitting Together  
is canceled on  
August 4 due to  
teacher illness.**

**SAVE THE DATE**  
**September 28-29**  
Weekend Retreat  
**Accessing the Joy  
and Wisdom of the  
Somatic Experience**  
with  
**Kaishin (Blake)  
Ashley**

### Learning to Meditate: Getting Started with Mindfulness Meditation

**In-Person Workshop Sunday August 18 9:00 am – 1:00 pm**  
At TCMC with **Steve Ross, MA, LMFT (CA)**



(Image by Gabriel Isak)

In this class you'll learn how to *be* mindful, why it's so helpful in every aspect of life, and how to use it in all the four meditation postures: standing, sitting, walking, and lying down. Mindfulness is truly a foundational practice, but it also has a foundation, so we'll explore that as well. Mindfulness builds patience, flexibility (adaptability) and resilience (the ability to withstand adversity and recover more quickly).

**Rest assured, you *can* meditate, even if you've been discouraged in the past. It's simple and clear, it feels good, and it's a big help!**

**Masks are required** for this event because the instructor is in a high-risk category for Covid-19. TCMC has lightweight masks if you don't have one anymore.

This event is offered on a donation basis. Everyone is welcome, regardless of ability to donate. Please [register](#) in advance through the TCMC website.  
[Complete class and teacher information](#)

**About the instructor** -- Steve Ross, MA, is a graduate of the Mindfulness Meditation Teacher Certification Program (MMTCP), taught by Jack Kornfield and Tara Brach. He is a Tucson-based, California-licensed Marriage and Family Therapist, specializing in stress and anxiety reduction.

### Touching the Depths of Our Practice in Challenging Times



with  
**Donald Rothberg**  
**October 11-13, 2024**

**Co-sponsored by  
TCMC and  
Insight  
Meditation  
Tucson**

#### A Hybrid Weekend Meditation Retreat

In this weekend retreat, we will cultivate wisdom; the awakened heart of kindness and compassion; a spacious and easeful awareness; and mindfulness of the mind, emotions, and body; while grounding in the ethics of non-harming. We do so in a time in which many places in our world are going through challenging and often painful times.

[More info](#)

[Register](#)

**Donald Rothberg, Ph.D.**, is a member of the Teachers Council at Spirit Rock Center in northern California and is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*, and the co-editor of *Ken Wilber in Dialogue*.

**'Hybrid' = both in-person and on ZOOM**

## Our Body, Our Teacher

(new offering in Tuesday evening Art of Thriving series)



**Tuesdays: August 6, 13 & 20 @ 6:15-7:15 PM U.S. Pacific time, 3 weeks MEETING ONLINE**  
**Class size limited. [Click here to register](#)**

*What is the body? That shadow of a shadow of a love that somehow contains  
the entire universe... Jelaluddin Rumi*

In this three-session series, we explore practices that cultivate our capacity to access the wisdom and insight our body has gleaned over the years of our lives. Class includes guided **Heart Rhythm Meditation** and other practices that facilitate a balanced nervous system\*. Valuable for both beginning & experienced meditators.

**Optional** discussion time, after guided practices.

**World meditative traditions, grounded in modern neuroscience.**

Class meets via zoom, with option of one in-person session on **Aug 20. That last session will be hybrid (offered both by Zoom & in-person at TCMC in mid-town Tucson), with Blake Barton, TCMC Executive Director and teacher joining us to lead a practice.**

\*Nervous system balance supports cognitive & physical health; our capacity to connect & to rebound from stress. (For overview see Porges, S, Polyvagal Theory: A Science of Safety Frontiers Integrative Neuroscience, 2022.)

Taught by **Bonnie Colby**, Ph.D., meditation teacher & university professor. Questions? Contact Bonnie: [heartprof@gmail.com](mailto:heartprof@gmail.com)

Class meets via Zoom. [Pre-registration required.](#) [Complete class information](#)

## Meditating in Community

taught online by **Blake Barton**

**Monday Evenings from 6 - 7:15 p.m. MST**



Meditation can help us find more happiness and tranquility in life. The purpose of this class is to create a community of meditators to support each other along the meditative path. Each class will begin with 30-40 minutes of guided meditation exploring a wide variety of mindfulness meditation techniques. The guided meditation will have ample periods of silence to deepen your practice. This class is suited for beginners through advanced meditators.

This class will be meeting in person with a Zoom conferencing option. To register, to attend in person, or to receive the Zoom link for hybrid attendance, please email Blake at [registration@tucsonmeditation.org](mailto:registration@tucsonmeditation.org)  
Masks and COVID vaccinations are recommended but not required.

[Class Information](#)

Class topics for **July** meetings:

**Aug. 5** – *Benefits of Walking Meditation*      **Aug. 19** – *Developing the 5 faculties of the spiritual path Part 1*  
**Aug. 12** – *Cultivating Acceptance*              **Aug. 26** – *Developing the 5 faculties of the spiritual path Part 2*

**Blake Barton** - has been regularly practicing meditation for 20 years and has been teaching meditation since 2012. He completed the 3-year Dharma Treasure, in-depth, meditation teacher training program. He has a passion for meditation and a lifelong interest in fitness, simple living, wellness, and health.



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## Immerse Yourself in Mindfulness Yoga

Saturday **August 17** at 10:00 am

and

Saturday **August 31** at 11:00 am

taught by

**Lorelei Patrick**

[More Info / Register](#)



### *Yoga Returns to TCMC*

### *Immerse Yourself in Mindfulness Yoga*

*Tuesdays and Wednesdays*

#### A continuing in-person class

**Tuesdays** 10 - 11:15 am

**Wednesdays** 5:30 - 6:45 pm - Arizona Time

Mindfulness Yoga is the practice of watching the breath and body to bring about Yoga, or the union of body, breath, mind, and heart. Mindfulness Yoga allows us to experience the adventure of living in the Present moment, thereby enjoying calmness of mind (including feelings) and compassion for the body.

Although posture practice plays a vital role, we engage in Mindfulness Yoga as a practice that includes standing, walking, asana (posture), movement, lying down, and sitting.

This class bears fruit for beginners and seasoned practitioners alike. Most classes will consist of 15 minutes of stillness/relaxation and settling in, 40 minutes of posture/movement/walking and 20 minutes of relaxation and sitting practice. Please bring our own mat if you have one. If not, we have limited number of mats you may use.

#### [Complete class and instructor information](#)

Where: TCMC, 1147 N Howard Blvd – we enter the building through back door.

**Questions:** contact Lorelei at [patricklorelei5@gmail.com](mailto:patricklorelei5@gmail.com)

*TCMC and Lorelei are now offering private yoga classes. For [more information or to sign up](#).*



**Lorelei Patrick** - began practicing yoga and meditation in 1976 and has been teaching since 1986. She completed the 200-hour yoga certification offered by the Himalayan Institute in 2007 along with other related certifications.

## Mindful Foot Reflexology with Lorelei

Foot reflexology is a holistic form of bodywork; a massage-like working of the feet based on the factual belief that pressure applied to specific points (reflexes) benefits the parts of the body they correspond to. Mindfulness is a practice that encourages the awakened unity of body, breath, and mind. Together they create an optimal body environment that can result in transcendence of pain, creation of positive mind states, and relief from anxiety and suffering.

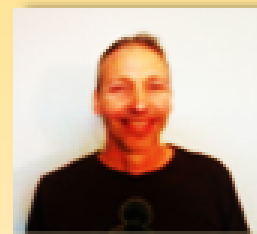


Each reflexology session begins with a guided body scan followed by gently stimulation of the reflexes or nerve endings in the feet. Throughout the session the client is encouraged to rest with the breath or direct the breath to the body site(s) believed to be causing an imbalance.

For **more details** or for **scheduling information**, please click [HERE](#).

## ***Befriending Oneself through Mindfulness and Meditation – A Compassionate, Body-Centered Approach to Happiness***

taught by Dharma Treasure Teacher **Nick**



**Thursdays in August**

**Online only**

**6:30 p.m. – 7:30 p.m. MST**

In this class, you will learn to relax your body, settle your mind and trust the inherent wisdom within you through meditation and other mindfulness techniques. By bringing a gentle awareness to your experience, you can discover your innate capacity for freedom and awaken a natural openness and generosity of spirit.

**Online only**

[Online instructions.](#)

The class consists of a 30–45-minute guided meditation followed by teaching and/or discussion. About half the time we will break into smaller groups to give everyone a chance to participate in discussion. Participation in the discussion section is always optional; you are welcome to leave after the meditation if you prefer.

**Drop -ins welcome**

[Complete class information](#)

**Nick Van Kleeck** has been meditating for over 30 years. His teachers include Gil Fronsdal, Upasaka Culadasa, Steve Hoskinson (*Somatic Experiencing*), Deane Shank (the *Diamond Approach*) and Robert Aitken.

**Wednesdays** Currently meeting online via Zoom every week at 6:30 pm due to Chuong's travel.

In person meetings will resume on Nov. 13.

## ***Mindfulness and Loving Kindness with Chuong Tran***

Each month, we will work with a different sense gate or a combination of sense gates, in motion or stillness with variety of techniques to enrich our daily life practice.



The class alternates between Wednesdays, in person, 7 – 8 p.m. MST at TCMC and Wednesdays, online, 6:30 – 7:30 p.m. MST.

Check the [TCMC schedule](#) to make certain of format.

Contact Chuong Tran for [online instructions](#) [tamkhai17@gmail.com](mailto:tamkhai17@gmail.com)

**Chuong Tran** Wednesday sit leader [Class information](#)



## ***Peer-led Silent Sit at TCMC***

These difficult times we are living in call for

***Strong Determination: More silence, Less opinion.***

Every Tuesday from 5-6 p.m. MST, all are invited to a silent, in-person sit led by Barry Reflow with assistance from Molly McKasson.

This is an opportunity to return to our meditation hall, deepen our commitment to the practice, and help create an environment that strengthens everyone's practice.


Noble Silence will be in place, except when someone new to the practice is in need of basic guidance concerning Concentration, Clarity and Equanimity.

**Please do not attend if you have any COVID-like symptoms.**

If you have further questions, please call Barry at 520-224-8899.

## Moving Into Stillness: A Day of Sitting & Walking Meditation

**Meetings now in person at TCMC**

**Sunday, September 15** 9:30 a.m. – 2 p.m. MST 1147 N. Howard Blvd. 



*“When you plant seeds in the garden, you don’t dig them up every day to see if they have sprouted yet. You simply water them and clear away the weeds; you know that the seeds will grow in time. Similarly, just do your daily practice and cultivate a kind heart. Abandon impatience and instead be content creating the causes for goodness; the results will come when they’re ready.”*  
- Bhikshuni Thubten Chodron, "Meditator's Toolbox"

Desert Insight Meditation invites you to join us in September for a nourishing day of sitting and walking meditation in noble silence. Ideal for all levels.

The day will begin with a short talk and meditation instructions followed by alternating periods of sitting and walking meditation, a Dharma talk, continued meditation and time for Q&A and sharing.

Facilitated by **Lhasha Tizer, Community Dharma Leader** [Information & Registration](#)



## Classic Sunday Morning Sits - In-person

TCMC is bringing back the classic silent sits that we conducted for years. This is a great opportunity to sit together in-person again.

On the **first Sunday** of each month, we will have the **Sitting Together** program with longer periods of sitting and walking meditation that will go from 8:30 a.m. to noon MST at TCMC. **Sitting Together on August 4 is canceled due to teacher illness.**

Start your week with a longer meditation sit supported by a group. Have you struggled to maintain a regular meditation practice or to sit for longer periods of time? This is a great opportunity to deepen your meditation practice and challenge yourself a little bit. *Please join us on the **2nd, 4th and 5th Sundays** of the month. We will now have **one 50-minute uninterrupted meditation session**, from 8:30 a.m. to 9:20 a.m.*

On the **third Sunday** of the month, **Lhasha Returns September 15** [Moving Into Stillness](#) daylong retreat from 9:30 a.m. – 2 p.m. in-person at TCMC.

Donations are gratefully accepted to help support TCMC. If you prefer to donate online you may do so [Here](#)

For more information, contact Blake at [execdirector@tucsonmeditation.org](mailto:execdirector@tucsonmeditation.org) or 520-775-1626



Memorial planned in  
Flagstaff & on ZOOM:  
Sep 7, 10:00 am Pacific

Dharma teacher **Eric Kolvig** passed away in the early hours of the morning of July 2, after a two-year illness. Eric led many retreats for TCMC and developed a large following in the Tucson area. Reflecting upon his imminent death, here are some of his thoughts that he wanted to communicate to his community of family, friends and students:

*“If you cannot change the circumstance, accept whatever is unpleasant to you, and you will not suffer. Allow what you love to pass away. We have to practice — again, and again, and again. If you’re suffering, it means you want something. Let the wanting go, and watch the suffering go with it. Loss is certain. Accept loss if it can’t be changed, and by your acceptance you free yourself from suffering. Identify what you fear most. Imagine what you fear most is actually happening and you cannot change it. Imagine that you accept, even a little, the thing you fear most as it happens. Notice how the fear lessens, and how your suffering lessens.”* **Happy landing, Eric!**

**TCMC**

1147 N. Howard Blvd.

**Mail address:**1147 N. Howard Blvd.  
Tucson, AZ 85716**Phone** (520) 775-1625**E-mail**[execdirector@tucsonmeditation.org](mailto:execdirector@tucsonmeditation.org)**Directions to****1147 N. Howard Blvd.--****Two blocks east of Country Club, about one block north of Speedway on west side of Howard. (Near Loft Cinema.)****Onsite events this month:  
Monday/Tuesday/Wed./  
Sunday sits and classes.****We're on the Web!**[TucsonMeditation.org](http://TucsonMeditation.org)

*If the doors of  
perception were  
cleansed, everything  
would appear to us as it  
is, infinite.*  
... William Blake

Stay in touch by checking  
the Tucson Community  
Meditation Center Calendar  
online.

[Calendar](#)

# Weekly Schedule (all times are MST/PDT)

**MONDAY: 6-7:15 p.m.** All levels. [Meditating in Community](#) with **Blake Barton**. A 30–35-minute guided meditation exploring a variety of mindfulness meditation techniques followed by a short talk, and a Q&A session and an opportunity to discuss your practice. *Hybrid format: meets in-person or by Zoom.*

**TUESDAY:** 10–11:15 a.m. [Immerse Yourself in Mindfulness Yoga](#) for beginners and seasoned practitioners alike with **Lorelei Patrick** at TCMC.

**5-6 p.m.** [Peer-led Silent Sit](#) in-person led by **Barry Reflow** with assistance from **Molly McKasson**.

**6:15-7:15 p.m.** [Art of Thriving](#): with **Bonnie Colby**. Enlivening and valuable for both beginning & experienced meditators.

**WEDNESDAY EVENINGS:** 5:30–6:45 p.m. [Immerse Yourself in Mindfulness Yoga](#) for beginners and seasoned practitioners alike with **Lorelei Patrick** at TCMC.

The class alternates between 7- 8 p.m., Wednesdays at TCMC and 6:30-7:30 p.m., Wednesdays online. **Currently meeting online via Zoom every week at 6:30 pm due to Chuong's travel. Will resume in-person Nov 13.** [Mindfulness and Loving Kindness](#) with **Chuong Tran**. Each month, we will work with a different sense gate or a combination of sense gates, in motion or stillness with variety of techniques to enrich our daily life practice. The [class](#) consists of guided meditations, and discussion. [Check TCMC Schedule for format](#)

**THURSDAY EVENINGS:** 6:30–7:30 p.m. [Befriending Oneself through Mindfulness and Meditation](#) with **Nick Van Kleeck**. Please see the rest of the newsletter or the [TCMC schedule](#) for more information. [Online only.](#)

**SUNDAY MORNINGS:** Sits - In-person. **Sitting Together is canceled on August 4 due to teacher illness.**

On the **third Sunday** of the month, **Ihasha Tizer** will be leading the [Moving Into Stillness](#) daylong retreat from 9:30am – 2 pm in-person at TCMC.

On the **2nd, 4th and 5th** (if applicable) Sundays of the month, we will have one 50-minute uninterrupted meditation session, from 8:30 a.m. to 9:20 a.m.

∞Please send submissions for this E-newsletter to Dan ([danbrocius@earthlink.net](mailto:danbrocius@earthlink.net)) by the 25th of the month.∞

