



# Tucson Community MEDITATION CENTER

## Newsletter

### INSIDE THIS ISSUE:

- [Sits](#) 6
  - [Classes](#) 2
- 

#### Bookshelf Request

The TCMC library needs another full-sized bookshelf, approximately 5 to 6 feet tall and about 24 to 30 inches wide although there is some flexibility on size. Do you have one that you can donate? If so, contact Blake at [execdirector@tucsonmeditation.org](mailto:execdirector@tucsonmeditation.org). Thank you.

#### Alternating formats

[Mindfulness and Loving Kindness](#)  
with **Chuong Tran**  
Wednesday nights

### The Body of Awareness

Deep within the habit of our separate self dwells a unifying light that transcends separateness.

In this half-day hybrid event **July 27<sup>th</sup> 8:30 am – 12:30 pm**

**Hayward M. Fox, Ph. D.**

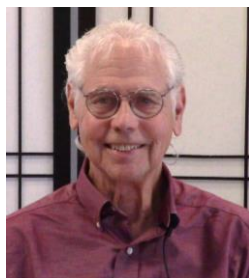
will review & integrate all his previous teachings.

#### What we know

From Western psychology we will examine identity  
Its influence on perception and meaning  
The thread of our personal story

#### How we know

From Wisdom Traditions we will discover Awareness  
Our essence and inner being  
A unifying light



**WHEN:** 8:30-12:30

**FEE:** \$45

[CLICK to REGISTER](#)

#### LOCATION

**IN-PERSON:** Tucson Community Meditation Center 1147 N. Howard Ave.

**ONLINE:** ZOOM link will be sent after registration

*All registrants will receive a video recording of this classic.*

Hayward will tie it all together as we examine the personal identities that separate and discover a deeper knowing that unites.

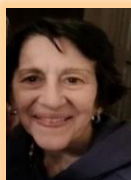
**Hayward M. Fox, Ph. D.**, is a clinical psychologist and psychotherapist who has devoted more than fifty years listening to people and their personal concerns. What makes him a master teacher is his ability to meld psychotherapy and meditative practices. Providing a gentle, intuitive and safe presence, Hayward responds to our intention to be free of early conditioning and outgrow inhibiting patterns of thought, feeling and action.

[contact@InstitutePersonalTranspersonalKnowledge.com](mailto:contact@InstitutePersonalTranspersonalKnowledge.com)

### *New at TCMC*

### 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](#)

## Meditative Approaches to Work with Pain

(new offering in Tuesday evening Art of Thriving series)

Four Tuesdays: June 4, 11, 18, 25 @ 6:15-7:15 PM AZ (PDT)

**Class meets Online via Zoom, with option of in-person TCMC sessions on June 18 & 25**

**Class size limited. [Click here to register](#)**



*Pain has an element of blank... It cannot recollect when it began, or if there was a time when it was not  
.... There is a pain so utter, it swallows substance up.* Emily Dickinson

Pain seems to be a part of being human. Over millennia meditative practices have offered relief from intensity of physical suffering and the corresponding mental anguish. Learn to deconstruct pain into manageable pieces and explore with us an array of approaches to skillfully work with pain.

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

Class includes guided **Heart Rhythm Meditation** and other practices that facilitate nervous system balance.

Enlivening and valuable for both beginning & experienced meditators.

**Optional** discussion with Q&A after guided practices.

(\* Nervous system balance (assessed through vagal tone, Heart Rate Variability) is linked to our cognitive, emotional and physical health, and to our capacity to connect with others and to rebound from stress.)

Taught by **Bonnie Colby**, Ph.D., meditation teacher & university professor.

**[Pre-registration required.](#) [Complete class information](#)**

### 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.

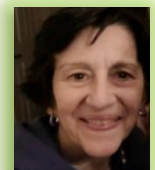
This class bears fruit for beginners and seasoned practitioners alike. Most classes will consist of 15 minutes of stillness/relaxation and settling in, 40 minutes of posture/movement/walking and 20 minutes of relaxation and sitting practice. Please bring our own mat if you have one. If not, we have limited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

## *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 **June** meetings:

**June 3 – *Finding Joy in the Sonoran Desert Summer***  
(Guest Teacher *Stephen Villaescusa*)  
No hybrid option.

**June 17 – *The Benefits of Cultivating Loving-Kindness***

**June 10 – *The Meditation Retreat Experience***

**June 24– *What are thoughts and can we control them***

**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.

## Sitting Together

A Morning of Shared Practice

**A Peer-Led Half-Day of Retreat-Like Practice**

First Sunday of the Month

8:30 a.m. - Noon MST

***Meetings have resumed in person at TCMC.***



Would you enjoy some serious practice in a group setting, without going away on retreat? ***Sitting Together*** alternates periods of seated and walking meditation from 8:30 to 11:35 a.m. Cleanup of the meditation hall is followed by friendly discussion, and we close the hall at noon.

[Program information](#)

If you have any questions, please contact peer-facilitator **Steve Ross**, 520-825-2009 [steve.ross@breathingcoachtucson.com](mailto:steve.ross@breathingcoachtucson.com)

## **BIPOC Peer-led Practice Group** – First and third Sundays each month – 2:30 p.m. MST

**In person and peer led.**

This is a practice group for people who identify as Black, Indigenous, or People of Color (BIPOC). The pandemic has been an isolating time and it can feel nourishing to practice and connect with others who identify as BIPOC. We are a friendly group and beginners are welcome. There is a side room available for those who have children who do not need supervision. We practice for 30-minutes, followed by discussion.

Facilitated by **Celina Ramirez** and **John Ward**. Celina started practicing insight meditation regularly in 2006 after attending retreats at Spirit Rock in California. In summer 2022 she attended Spirit Rock's BIPOC Retreat and Family Retreat. She is a Tucson native and has worked at the University of Arizona for about 15 years. **John Ward** has resided in Tucson, AZ for the past 5 years, relocating here after living on the east coast. He has attended retreats at Insight Meditation Society and was a sangha member at New York Insight.



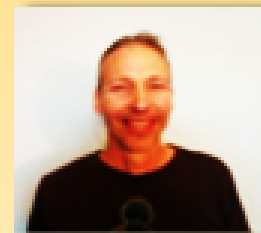
For more information, [celinadramirez@gmail.com](mailto:celinadramirez@gmail.com).

[Meetup at TCMC, 1147 N. Howard Blvd.](#)

[Meeting Information](#)

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

taught by Dharma Treasure Teacher **Nick**



**Thursdays in May**

**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.

## ***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](#)



### [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.

### [Wednesdays](#)

### ***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](#)



### **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.

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 Tizer will be leading the [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

**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, and  
BIPOC practice group.****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**.

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

**Online only Jun 4 & 11. Online & In-Person Jun 18 & 25**

**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. [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.** 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 11:35 a.m. at TCMC. Afterwards, there will be time to enjoy coffee, tea, and conversation until noon.

On the **third** Sunday of the month, **Lhasha 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.

**Returns September 15**

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

