



Tucson Community
MEDITATION CENTER



PLAYING WITH PERCEPTION: A WAY TO FREEDOM

*A Non-Residential Meditation
Retreat with*

Brian Lesage

February 25 - 27, 2022



The Buddha's teachings leading to freedom can be summed up as practices that train us to perceive our experience in different ways. Through perceiving our experience in these different ways, we are gradually freed from the limiting habits that constrict our hearts and minds. A function of play is to practice new ways of experiencing the world. During this retreat, we will playfully explore classical ways of perceiving our experience and explore how they lead to freedom that is relevant to our daily lives. This retreat is open to both beginning and experienced practitioners.

This retreat will likely be conducted online via Zoom, but depending on the COVID case load it might become a hybrid retreat with an in-person option. A decision will be made and communicated by Feb. 11th. In-person attendance will be limited, and we will use the order in which you registered to determine who gets the in-person slots.

WHEN: Friday, Feb 25, 6:30-8:30 pm. Saturday, Feb 26, 9-5 pm.
Sunday, Feb 27, 9-3:30 pm.

COST: \$60 for the weekend. Scholarships are available. These fees only cover TCMC's retreat and monthly expenses. Brian Lesage receives no compensation from TCMC. You will have the opportunity to offer Dana donations to the teacher, a Buddhist tradition of generosity. Dana is not payment for goods and services; it is a gift for the teacher from your heart in gratitude.

WHERE: Online or at TCMC 1147 N. Howard Blvd, Tucson, AZ. Please complete the on-line registration [HERE](#).

CONTACT: Blake Barton – registration@tucsonmeditation.org

About the Teacher: Brian Lesage has practiced Buddhist meditation since 1988 and has taught meditation since 2000. He has studied in the Zen, Theravada and Tibetan schools of Buddhism. He was ordained in the Rinzai Zen tradition in 1996. His training in Vipassana Meditation includes doing extended meditation retreats in Myanmar (Burma), Nepal, and India as well as numerous retreats in the U.S. He leads retreats and teaches meditation courses nationwide. In teaching the Dharma, Brian is interested in maintaining a close tie with this 2,600 year old tradition and conveying it in a way that speaks to our current situation. More info: <https://liberatingawareness.com>