



Tucson Community  
MEDITATION CENTER



## Touching the Depths of Our Practice in Challenging Times

A Hybrid Weekend Meditation Retreat with  
Spirit Rock Teacher Donald Rothberg  
Oct. 11-13, 2024

co-sponsored by TCMC and Insight Meditation Tucson

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.

In such practice, we connect more with the depths of our being, our “bigness,” our peace and equanimity, and our deeper intentions to awaken and to benefit ourselves and others. We do so in a time in which many places in our world are going through challenging and often painful times.

The weekend retreat will mostly involve silent practice, along with instructions and teachings, and daily Qigong. It will be a “hybrid” retreat, both in-person in Tucson and online via Zoom.

There will be a break for lunch around 12:30 on Sat. and Sun. If you wish to bring a lunch we have a fridge and microwave you may use. If you are sick, please do not attend in-person.

**Fee:** \$75 for full weekend or \$12 for Friday night only, plus Dana (donation) for the teacher. These fees only cover TCMC and IMT retreat and monthly expenses. Donald receives no compensation from TCMC. You will have the opportunity to offer Dana (donation) to the teacher, a Buddhist tradition of generosity. No one will be turned away due to inability to pay. **Scholarships are available**

**Where:** TCMC - 1147 N Howard Blvd Tucson, AZ or Online via Zoom.

**When:** Friday 7:00-8:30 pm, Saturday 9:30-5:00, Sunday 9:30-4:30

**Registration:** – Registration is **required**; use our online registration system [HERE](#)

**Contact:** Blake Barton at [registration@tucsonmeditation.org](mailto:registration@tucsonmeditation.org) or 520-775-1626

**Teacher:** Donald Rothberg, Ph.D., is a member of the Teachers Council at Spirit Rock Center in northern California, and a co-guiding teacher for the Marin Sangha. He teaches retreats and groups on concentration and insight meditation practice, lovingkindness practice, awakened awareness, transforming the judgmental mind, mindful communication, working skillfully with conflict, and socially engaged Buddhism. He has practiced insight meditation since 1976, and has also received training in Tibetan Dzogchen, body-based psychotherapy, and trauma work. He has helped guide many six-month to two-year training programs in socially engaged spirituality, both Buddhist-based and interfaith, 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*.