



Tucson **Community**
MEDITATION CENTER



Harmonizing the Three Minds

In-person Weekend Meditation Retreat with
Kaishin (Blake) Ashley
June 10-11, 2023
9:30 – 4:00 Arizona Time (MST)

In this mindfulness meditation based weekend retreat, we will learn to practice meditation in a way that allows more fluidity and harmony between the somatic, visual, and verbal minds. This will provide greater happiness and optimal action in the world. This retreat is appropriate for both beginners and experienced students.

The retreat will consist primarily of guided formal sitting practice. There will also be some discussion of conceptual material and opportunities for Q & A.

We will break for lunch. We have a fridge and microwave if you wish to bring your lunch.

Masks are recommended, but **not required**. Vaccination is also recommended. If you have COVID symptoms, please do not attend.

Fee: \$60 – no one will be turned away due to inability to pay. Scholarships are available

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

Contact: Blake Barton at registration@tucsonmeditation.org or 520-775-1626

TEACHER

Kaishin (Blake) Ashley began mindfulness training at TCMC and with Shinzen Young in 2001. He has been Shinzen's co-teacher at three retreats and taught a weekly class at TCMC for 15 years. He has taught classes for the Arizona State Bar Association, the University of Arizona Department of Campus Health, the Pima County Employee Wellness Program, and the City of Tucson Employee Wellness Program