



Tucson Community
MEDITATION CENTER



Developing the three “C”s: Concentration, Clarity, and Contentment

In-person Weekend Meditation Retreat with
Kaishin (Blake) Ashley
Oct. 28-29, 2023
9:30 – 4:00 Arizona Time (MST)

This mindfulness meditation retreat will consist of guided exercises, based on Shinzen Young's teaching, designed to develop the three skills of integration: concentration, clarity, and contentment.

There will be seated practice in stillness, practice in motion (weather permitting), some explanation of the practices, and opportunities for Q and A. Silence will be observed except during Q and A.

This retreat is appropriate for both beginners and experienced students.

There will be a break for lunch around noon both days. Please make arrangements for your meals.

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