



Tucson Community
MEDITATION CENTER



Accessing the Joy and Wisdom of the Somatic Experience

In-person Weekend Meditation Workshop
with

Kaishin (Blake) Ashley

Sept. 28-29, 20234

9:30 – 4:30 Arizona Time (MST)



The workshop will involve walking practice and possibly other mindful movement. As usual, there will be practice in stillness, Q&A, and some discussion. The workshop will be in silence except during Q&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 are sick, please do not attend.

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

Registration: – Registration is **required**; Please register at tucsonmediation.org/retreats

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