



Moving Into Stillness: A Day of Sitting & Walking Meditation Monthly at TCMC

Virtual Daylong Retreat Practice Sunday, January 17, 2021

Time: 9:30am- 3:00pm

Facilitated by **Lhasha Tizer, Community Dharma Leader**
A Day of Renewal-Dharma Talk – “Faith in the New Year”

“When you plant seeds in the garden, you don’t dig them up every day to see if they have sprouted yet. You simply water them and clear away the weeds; you know that the seeds will grow in time. Similarly, just do your daily practice and cultivate a kind heart. Abandon impatience and instead be content creating the causes for goodness; the results will come when they’re ready.” - Bhikshuni Thubten Chodron, "Meditator's Toolbox"

Please join us, once a month, for a nourishing day of sitting and walking meditation in noble silence. Ideal for all levels; for beginners this is a wonderful opportunity to taste the benefits of retreat-style practice, and for more experienced practitioners a way to enhance, broaden, and deepen their practice. Dharma Talk on “Faith in the New Year” where will explore mindful ways to bring trust and confidence into 2021.

The day will begin with a short talk on questions, noble silence, meditation instructions followed by alternating periods of sitting and walking meditation, a quiet lunch (brown bag), a Dharma talk, continued meditation and time for Q&A and sharing.* **If you are new to this daylong please review the Guidelines for Daylongs, on the TCMC website.**

*Please come for the entire day if at all possible; or attending either the morning or afternoon session is fine as well. Please arrive between 12:30 (for lunch) and 1:30(after lunch) if only attending the afternoon session. ***Please wear no scents as others are allergic to them.**

WHEN: Sunday, January 17, 2021

LOCATION: Virtual, in your own home.

Contact: Lhasha Tizer

Lhasha9@gmail.com or 520-321-3670

FEE: Sliding Scale \$20-\$30 for the day *No one will be turned away due to inability to pay.

REGISTRATION: Please use our online Registration system [HERE](#)

TEACHER: Lhasha Tizer, MS, has been studying, practicing and teaching meditation for 43 years. She is a Community Dharma Leader from the Spirit Rock Program, teaching Insight meditation for 26 years. She has been practicing and teaching meditation at TCMC since 2000.