



## Focus on Equanimity (non-resistance) A Weekend Deep Dive

A Hybrid Non-residential  
Workshop

with

Shinzen Young & Kaishin Ashley

March 22 - 23, 2025



This weekend workshop will focus on that always essential, but sometimes elusive, mindfulness skill – equanimity (non-resistance). We will practice inviting, recognizing, and nurturing equanimity using some well-established methods from the Shinzen toolbox and others just emerging from his latest work where the frontiers of neuroscience meet ancient tradition.

**Kaishin (Blake) Ashley** will guide meditation practices and teach on Saturday to help you understand and appreciate equanimity

**Shinzen Young** will guide meditation practices and teach on Sunday. He will **not be** teaching on Saturday.

This workshop will consist of guided meditations, meditation talks, and an opportunity for discussion and Q&A. It will be offered as a hybrid event. You may register for in-person or online participation. There are a limited number of in-person spots, so you are encouraged to register early for these.

**WHEN:** Saturday, Mar 22, 9:30 - 4:30 pm Arizona Time (MST)/(PDT)

Sunday, Mar 23, 9:30 - 4:30 pm Arizona Time (MST)/(PDT)

There will be a 1 hour lunch break each day from about 12:30 – 1:30 MST. If you wish to bring a lunch, we have a fridge and microwave

**FEE: \$135** for full weekend. Shinzen and Kaishin will receive 60% of the fee and TCMC will receive 40% to cover ongoing expenses. We will **NOT** be collecting Dana separately for the teacher. This will be the **total fee**.

**Scholarships are available, and you may apply during registration.**

**WHERE and REGISTRATION:** TCMC 1147 N Howard Blvd., Tucson or online via Zoom. Please complete the **required** registration at [www.tucsonmeditation.org/retreat](http://www.tucsonmeditation.org/retreat)

**CONTACT:** Blake B. – [registration@tucsonmeditation.org](mailto:registration@tucsonmeditation.org)

**About the Teachers:** **Shinzen Young** is a senior mindfulness teacher and neuroscience research consultant. His systematic approach to categorizing, adapting and teaching meditation, known as Unified Mindfulness, has resulted in collaborations with Harvard Medical School and Carnegie-Mellon University. **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 meditation class at TCMC for 15 years.