



Tucson **Community**
MEDITATION CENTER



Working with Verbal Thinking

Virtual Meditation Retreat with

Kaishin (Blake) Ashley

Sunday, January 24th, 2021 9:00 – 4:00 Arizona
Time (MST)

In this day-long virtual retreat, we will explore a variety of mindfulness techniques for working with the experience of verbal thinking (mental talk). The techniques will be based on the teaching of Shinzen Young. 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.

Fee: \$30 - no one will be turned away due to inability to pay.

Registration: - use our online registration system [HERE](#), or send name, email, phone number and check payable to TCMC to:
TCMC, PO Box 43415, Tucson, AZ 85733. Your registration confirmation email will contain the Zoom link and phone number for the retreat.

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