



Tucson Community  
MEDITATION CENTER



# Sitting Together

## A Morning of Shared Practice In-person

A Monthly Peer-Led Half-Day of Retreat-Like Practice  
from 8:30am - 12:00pm - in-person

*This program will be held in-person on the first Sunday  
of the Month*

Would you enjoy some serious practice in a group setting, without going away on retreat? That is the purpose of *Sitting Together*, a peer-led half-day of shared, silent practice.

We'll alternate 45 minutes of sitting with 20 minutes of walking meditation. Masks and proof of 3 doses of a COVID vaccine are required. Social distancing will be practiced in the building.

The peer-facilitator is Steve Ross, a Theravada practitioner.

**WHEN:** Every first SUNDAY, 8:30 am-12:00pm

**LOCATION:** 1147 N Howard Blvd.

**If you have any questions, please contact**

**Steve Ross at (520) 825-2009, or  
[steve.ross@breathingcoachtucson.com](mailto:steve.ross@breathingcoachtucson.com)**

**FEE:** This program is offered on a donation basis. We suggest a donation of \$5 - \$20 to help TCMC cover expenses. All are welcome, regardless of ability to donate.

**REGISTRATION:** Please register **HERE** so we know how many people to expect.