



Sitting Together

A Morning of Shared Practice, on-line

A Monthly Peer-Led Half-Day of Retreat-Like Practice
from 8:30am – 12:15pm (the Zoom Room opens at 8:15am)

This program will be held on-line on the first Sunday of the Month

Would you enjoy some serious practice in a virtual 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, and enjoy a short pre-recorded dhamma talk at the beginning and the end (same talk), with some time to discuss it before we leave. We'll use ZOOM for this program.

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

WHEN: Every first SUNDAY, 8:30am-12:15pm

LOCATION: Your very own place, via Zoom.

DIRECTIONS: Just click the zoom invitation:

[https://us02web.zoom.us/j/4905676167?pwd=RTByVT
hsQ0t0b3NtSEQ4Tys4MDIzdz09](https://us02web.zoom.us/j/4905676167?pwd=RTByVThsQ0t0b3NtSEQ4Tys4MDIzdz09)

**If you have any questions, please contact
Steve Ross at (520) 825-2009, or
steve.ross@breathingcoachtucson.com**

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

REGISTRATION: If you wish to make a donation, please use TCMC's online Registration system at [HERE](#)