



Tucson Community MEDITATION CENTER

Newsletter

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Save the date

**BIPOC Community
Daylong Retreat**
with **Dalila Bothwell**

**Sunday
April 14th
10 a.m. – 2 p.m.
at TCMC**



TCMC Annual Meeting

**Saturday, April 20
2 p.m. at TCMC**

Save the date

April 28

**Getting Started with
Mindfulness Meditation**
In person workshop
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Self and World -- Appreciation and Transcendence

A Hybrid Non-residential Retreat with

Shinzen Young & Kaishin Ashley

March 8 - 10, 2024



In this weekend non-residential retreat, we will explore meditation techniques related to the complementarity between experiencing the inner and outer senses just as they are and contacting the timeless activity from which they arise and to which they return.

Kaishin (Blake) Ashley will guide meditation practices on **Saturday** to help you understand and appreciate the sensory world using the See, Hear, Feel technique. This can increase your happiness in daily life.

Shinzen will give a talk on **Friday** evening and lead the practice on **Sunday**, offering meditation techniques that directly point to the timeless source. This can result in transcending the normal way you interpret reality. He will not be teaching on Saturday.

This retreat will consist of guided meditations, dharma talks, and an opportunity for Q&A. It will be offered as a hybrid retreat. You may register for in-person or online participation.

In-person spots are filled with a waiting list. Plenty of online spots remain.

WHEN: Friday, Mar. 8, 6:30 – 8 p.m. Arizona Time (MST) – 5:30-7 (PST)
Saturday, Mar. 9, 9:30 a.m. - 4:30 p.m. Arizona Time (MST) – 8:30 - 3:30 (PST)
Sunday, Mar. 10, 9:30 a.m. – 4:30 p.m. Arizona Time (MST) – **9:30 – 4:30 (PDT)**

WHERE: TCMC 1147 N Howard Blvd., Tucson or online via Zoom.

[Registration](#) and [complete retreat/teacher information](#).

(In-person space has been filled. Online spaces remain.

Please note there are separate links to register for in-person and online.)

About the Teachers: **Shinzen Young** is a senior mindfulness teacher and neuroscience research consultant. **Kaishin (Blake) Ashley** - began mindfulness training at TCMC and with Shinzen Young in 2001. He has been Shinzen's co-teacher at retreats and taught a weekly meditation class at TCMC for 15 years.



Doorways to Awakening

In person 6-week class series with

Shelly Hubman & Brian Pearson

DATES: March 15, 22, 29 & April 5, 12, 19

FRIDAYS: 7 – 8:30 pm at TCMC



This series of 6 classes will explore different doorways into spiritual awakening. We will be using guided meditations and dyads (working in pairs). This will be an experiential based class, working with the participants' unique constitution and gifts.

[Complete class and teacher information](#)

Registration: – Use our online registration system [HERE](#)

Contact: Brian at brianpear7@gmail.com

Shelly Hubman is a meditation teacher, spiritual life coach, energy healer, and writer.

Brian Pearson With over 25 years of practicing with various awakened teachers, Brian has synthesized many awakening paths.

Sitting Together

A Morning of Shared Practice

A Peer-Led Half-Day of Retreat-Like Practice

First Sunday of the Month

8:30 a.m. - Noon MST

Meetings have resumed in person at TCMC.

Would you enjoy some serious practice in a group setting, without going away on retreat? **Sitting Together** alternates periods of seated and walking meditation from 8:30 to 11:35 a.m. Cleanup of the meditation hall is followed by friendly discussion, and we close the hall at noon.

Program information

If you have any questions, please contact peer-facilitator **Steve Ross**,

520-825-2009, steve.ross@breathingcoachtucson.com



Longing Awakens Us

(new offering in Tuesday evening *Art of Thriving* series)



Tuesdays: March 12 – April 2 @ 6-7 PM AZ(MST), PDT, 4 weeks MEETING ONLINE

Class size limited. [Click here to register](#)

In the depths there is a spring with all the water your heart is thirsty for. Jelaluddin Rumi

Longings ... inner yearnings ... torment or inspiration? World meditative practices invite our longings to serve our awakening, while helping us rebound from challenges & savor moments of ease. Cultivate nervous system balance* **amidst longings**, and facilitate warm connections, clear vision, skillful choices. We explore practices optimized for our human-mammal physiology & tailored to our unique life experiences.

World meditative traditions, grounded in modern neuroscience.

Class includes guided **Heart Rhythm Meditation** and other practices that facilitate nervous system balance. Enlivening and valuable for both beginning & experienced meditators. **Optional** discussion with Q&A after guided practices.

(* Nervous system balance (assessed through vagal tone, Heart Rate Variability) is linked to our cognitive, emotional and physical health, and to our capacity to connect with others and to rebound from stress.)

Taught by **Bonnie Colby**, Ph.D., meditation teacher & university professor. Questions? Contact Bonnie at heartprof@gmail.com.

Class meets via Zoom. **Pre-registration required.**

[Registration](#)

[Complete class information](#)

TCMC Annual Meeting

TCMC Annual Meeting

Saturday, April 20 2 p.m. TCMC

The Board of Directors will report to the membership about the current state of TCMC including the annual financial report. ***This is your opportunity to ask questions and share feedback with the Board.***

You will also elect the Board for the coming year. Please consider attending.

Yoga Returns to TCMC***Immerse Yourself in Mindfulness Yoga******Tuesdays and Wednesdays*****A continuing in-person class****Tuesdays 10 - 11:15 am****Wednesdays 5:30 - 6:45 pm - Arizona Time**

Mindfulness Yoga is the practice of watching the breath and body to bring about Yoga, or the union of body, breath, mind, and heart. Mindfulness Yoga allows us to experience the adventure of living in the Present moment, thereby enjoying calmness of mind (including feelings) and compassion for the body.

Although posture practice plays a vital role, we engage in Mindfulness Yoga as a practice that includes standing, walking, asana (posture), movement, lying down, and sitting.

This class bears fruit for beginners and seasoned practitioners alike. Most classes will consist of 15 minutes of stillness/relaxation and settling in, 40 minutes of posture/movement/walking and 20 minutes of relaxation and sitting practice. Please bring our own mat if you have one. If not, we have limited number of mats you may use.

Complete class and instructor information

Where: TCMC, 1147 N Howard Blvd – we enter the building through back door.

Questions: contact Lorelei at patricklorelei5@gmail.com

Lorelei Patrick - began practicing yoga and meditation in 1976, and has been teaching since 1986. She completed the 200-hour yoga certification offered by the Himalayan Institute in 2007 along with other related certifications.

***New at TCMC*****Mindful Foot Reflexology with Lorelei**

Foot reflexology is a holistic form of bodywork; a massage-like working of the feet based on the factual belief that pressure applied to specific points (reflexes) benefits the parts of the body they correspond to. Mindfulness is a practice that encourages the awakened unity of body, breath, and mind. Together they create an optimal body environment that can result in transcendence of pain, creation of positive mind states, and relief from anxiety and suffering.



Each reflexology session begins with a guided body scan followed by gently stimulation of the reflexes or nerve endings in the feet. Throughout the session the client is encouraged to rest with the breath or direct the breath to the body site(s) believed to be causing an imbalance.

For **more details** or for **scheduling information**, please click [HERE](#).

BIPOC Peer-led Practice Group – First and third Sundays each month – 2:30 p.m. MST**In person and peer led.**

This is a practice group for people who identify as Black, Indigenous, or People of Color (BIPOC). The pandemic has been an isolating time and it can feel nourishing to practice and connect with others who identify as BIPOC. We are a friendly group and beginners are welcome. There is a side room available for those who have children who do not need supervision. We practice for 30-minutes, followed by discussion.

Facilitated by Celina Ramirez and John Ward. Celina started practicing insight meditation regularly in 2006 after attending retreats at Spirit Rock in California. In summer 2022 she attended Spirit Rock's BIPOC Retreat and Family Retreat. She is a Tucson native and has worked at the University of Arizona for about 15 years. **John Ward** has resided in Tucson, AZ for the past 5 years, relocating here after living on the east coast. He has attended retreats at

Insight Meditation Society, and was a sangha member at New York Insight. For more information, celinadramirez@gmail.com. [Meetup at TCMC, 1147 N. Howard Blvd.](#)



[Meeting Information](#)

Meditating in Community

taught online by **Blake Barton**

Monday Evenings from 6 - 7:15 p.m. MST



Meditation can help us find more happiness and tranquility in life. The purpose of this class is to create a community of meditators to support each other along the meditative path. Each class will begin with 30-40 minutes of guided meditation exploring a wide variety of mindfulness meditation techniques. The guided meditation will have ample periods of silence to deepen your practice. This class is suited for beginners through advanced meditators.

This class will be meeting in person with a Zoom conferencing option. To register to attend in person or to receive the Zoom link for hybrid attendance, please email Blake at registration@tucsonmeditation.org. Masks and COVID vaccinations are recommended but not required.

[Class Information](#)

Class topics for **March** meetings:

Mar. 4 – *The Power of Noticing Feeling Tone*
(Pleasant, Unpleasant and Neutral)

Mar. 18 – *The Freedom of Patience*

Mar. 11 – *Finding Your Meditation Posture*

Mar. 25 – *Contemplation and Analytical Meditation*

Blake Barton - has been regularly practicing meditation for 20 years, and has been teaching meditation since 2012. He completed the 3-year Dharma Treasure, in-depth, meditation teacher training program. He has a passion for meditation and a lifelong interest in fitness, simple living, wellness, and health.

Access to the Inner World: Getting Started with Mindfulness Meditation

In-person Workshop April 28 11 a.m. – 4 p.m. MST/PDT at TCMC
with **Steve Ross, MA, LMFT (CA)**

Here we are, quietly reflecting about life on a moon-lit night. Surrounded by silence and peace, we wonder, have I done well? How can I be and do better? Where am I going in the time ahead? How can I help and make a difference in a world like ours?



(Image by Gabriel Isak)

Mindfulness meditation is a practice for personal growth and development, a training for life, on and off the meditation cushion. This class uses teachings and techniques from the Buddhist tradition, rich offerings and resources for a happier, less conflicted life. Not the least of these are the various ways to calm the mind and open the heart.

This half-day program offers a basic introduction to mindfulness, practices to focus attention on present-moment experience. You'll learn heart-centered techniques and specific ways to pacify the mind through attending to physical sensations, the breath, our own thought process, and how thoughts connect (for better and for worse) with emotional states. You'll learn one or two ways to do walking meditation.

Masks are required for this event, because the instructor is in a high-risk category for Covid-19. TCMC has lightweight masks, if you don't have one. (We won't have a lunch break, however, you're welcome to bring along a snack, if you like.)

This event is offered on a donation basis. Everyone is welcome, regardless of ability to donate.

Please [register](#) in advance through the TCMC website. [Complete class and teacher information](#)

About the instructor -- Steve Ross, MA, is a graduate of the Mindfulness Meditation Teacher Certification Program (MMTCP), taught by Jack Kornfield and Tara Brach. He is a Tucson-based, California-licensed Marriage and Family Therapist, specializing in stress and anxiety reduction.

Befriending Oneself through Mindfulness and Meditation – A Compassionate, Body-Centered Approach to Happiness



taught by Dharma Treasure Teacher **Nick**

Thursdays in March

Online only

6:30 p.m. – 7:30 p.m. MST

In this class, you will learn to relax your body, settle your mind and trust the inherent wisdom within you through meditation and other mindfulness techniques. By bringing a gentle awareness to your experience, you can discover your innate capacity for freedom and awaken a natural openness and generosity of spirit.

Online only

[Online instructions.](#)

The class consists of a 30–45-minute guided meditation followed by teaching and/or discussion. About half the time we will break into smaller groups to give everyone a chance to participate in discussion. Participation in the discussion section is always optional; you are welcome to leave after the meditation if you prefer.

Drop -ins welcome

[Complete class information](#)

Nick Van Kleeck has been meditating for over 30 years. His teachers include **Gil Fronsdal**, **Upasaka Culadasa**, **Steve Hoskinson** (*Somatic Experiencing*), **Deane Shank** (the *Diamond Approach*) and **Robert Aitken**.



Peer-led Silent Sit at TCMC

These difficult times we are living in call for

Strong Determination: More silence, Less opinion.

Every Tuesday from 5-6 p.m. MST, all are invited to a silent, **in-person sit** led by **Barry Reflow** with assistance from **Molly McKasson**.

This is an opportunity to return to our meditation hall, deepen our commitment to the practice, and help create an environment that strengthens everyone's practice.

Noble Silence will be in place, except when someone new to the practice is in need of basic guidance concerning Concentration, Clarity and Equanimity.

Please do not attend if you have any COVID-like symptoms.

If you have further questions, please call **Barry** at 520-224-8899.

Moving Into Stillness: A Day of Sitting & Walking Meditation

Meetings now in person at TCMC

Sunday, April 21 9:30 a.m. – 2 p.m. MST 1147 N. Howard Blvd.

Dharma talk



"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"

Desert Insight Meditation invites you to join us, once a month, for a nourishing day of sitting and walking meditation in noble silence. Ideal for all levels.

The day will begin with a short talk and meditation instructions followed by alternating periods of sitting and walking meditation, a Dharma talk, continued meditation and time for Q&A and sharing.

Facilitated by

Lhasha Tizer, Community Dharma Leader

[Information & Registration](#)

March	Quick Look Calendar	April
Mar. 3 In person, Sitting Together half-day	Apr. 7 In person, Sitting Together half-day	
Mar. 8-10 In person/online Meditation Retreat	Apr. 14 BIPOC Community Retreat	
	Apr. 20 TCMC Annual Meeting	
	April 21 In person, Moving Into Stillness	
	Apr. 28 In person, Intro. To Med. Workshop	

Eric Kolvig dedication evenings

The Wednesday night *Mindfulness and Loving Kindness class* with Chuong Tran will dedicate the class on fourth Wednesdays to teacher Eric Kolvig, beginning in October.

“Our beloved teacher's body is struggling with illness and Eric is approaching his transition time. With the collective of Loving Kindness, we can ease his pain a bit. The more who join, the more effective it will be. Here is an opportunity for students to repay the teacher.” C.T.

[Zoom link](#)

Wednesdays

Mindfulness and Loving Kindness with Chuong Tran

Each month, we will work with a different sense gate or a combination of sense gates, in motion or stillness with variety of techniques to enrich our daily life practice.



The class alternates between Wednesdays, in person, 7 – 8 p.m. MST at TCMC and Wednesdays, online, 6:30 – 7:30 p.m. MST.

Check the [TCMC schedule](#) to make certain of format.

Contact Chuong Tran for *online instructions* tamkhai17@gmail.com

Chuong Tran Wednesday sit leader [Class information](#)



Classic Sunday Morning Sits - *In-person*

TCMC is bringing back the classic silent sits that we conducted for years. This is a great opportunity to sit together in-person again.

On the **first Sunday** of each month, we will have the ***Sitting Together*** program with longer periods of sitting and walking meditation that will go from 8:30 a.m. to noon MST at TCMC.

New Format starting Nov. 12th! - Start your week with a longer meditation sit supported by a group. Have you struggled to maintain a regular meditation practice or to sit for longer periods of time? This is a great opportunity to deepen your meditation practice and challenge yourself a little bit. *Please join us on the 2nd, 4th and 5th Sundays of the month. We will now have one 50-minute uninterrupted meditation session, from 8:30 a.m. to 9:20 a.m.*

On the **third Sunday** of the month, Lhasha Tizer will be leading the [Moving Into Stillness](#) daylong retreat from 9:30 a.m. – 2 p.m. in-person at TCMC.

Donations are gratefully accepted to help support TCMC. If you prefer to donate online you may do so [Here](#)

For more information, contact Blake at execdirector@tucsonmeditation.org or 520-775-1626

Chuong Tran has provided these photos.



Beloved TCMC cofounder Rita Rosenberg has turned 99.



Eric Kolvig talks about "[expansion.](#)"

Furniture Request

The TCMC library needs another full-sized bookshelf, approximately 5 to 6 feet tall and about 24 to 30 inches wide although there is some flexibility on size. Do you have one that you can donate? If so, contact Blake at execdirector@tucsonmeditation.org. Thank you.



Daylight Saving Time begins March 10. *During Daylight Saving Time, Pacific Daylight Time (West Coast) and Mountain Standard Time (Arizona) are the same.* PDT=MST (-7 UT/GMT) From April through October, all times in the Newsletter will show MST/PDT.



Non-TCMC-sponsored event

Freeing the Heart and Mind Through Presence and Generosity

A Seven-day Insight Meditation Retreat Taught by Brian Lesage April 21-27, 2024 Paulden, Arizona

Registration is now open through March 12, 2024

This seventh annual, week-long Generosity Retreat will focus on cultivating an embodied quality of presence as a way of bringing a deeper sense of freedom and contentment into our lives. Join us for this opportunity to explore the power of mindfulness through silent sitting and walking meditation, fully immersed in a silent retreat setting for seven days. In silence we have the space to delve deeply inward and learn to skillfully place the intention to be present with the flow of experience in a way that allows compassion and wisdom to arise.

[Brian Lesage](#) has practiced Buddhist meditation since 1988 and has taught meditation since 2000.

[Retreat Information](#)

[Registration](#)

TCMC

1147 N. Howard Blvd.

Mail address:1147 N. Howard Blvd.
Tucson, AZ 85716**Phone** (520) 775-1625**E-mail**execdirector@tucsonmeditation.org**Directions to****1147 N. Howard Blvd.--****Two blocks east of Country Club, about one block north of Speedway on west side of Howard. (Near Loft Cinema.)****Onsite events this month:****Monday/Tuesday/Wed./
Sunday sits and classes, and
BIPOC practice group.****We're on the Web!**TucsonMeditation.org

*If the doors of
perception were
cleansed, everything
would appear to us as it
is, infinite.
... William Blake*

Stay in touch by checking
the Tucson Community
Meditation Center Calendar
online.

[Calendar](#)

Weekly Schedule (all times are MST/PDT)

MONDAY: 6-7:15 p.m. All levels. [Meditating in Community](#) with **Blake Barton**. A 30–35-minute guided meditation exploring a variety of mindfulness meditation techniques followed by a short talk, and a Q&A session and an opportunity to discuss your practice. *Hybrid format: meets in-person or by Zoom.*

TUESDAY: 10–11:15 a.m. [Immerse Yourself in Mindfulness Yoga](#) for beginners and seasoned practitioners alike with **Lorelei Patrick** at TCMC.

5-6 p.m. [Peer-led Silent Sit](#) in-person led by **Barry Reflow** with assistance from **Molly McKasson**.

6-7 p.m. [Art of Thriving:](#) with **Bonnie Colby**. Enlivening and valuable for both beginning & experienced meditators. *Online only.*

WEDNESDAY EVENINGS: 5:30–6:45 p.m. [Immerse Yourself in Mindfulness Yoga](#) for beginners and seasoned practitioners alike with **Lorelei Patrick** at TCMC.

The class alternates between 7- 8 p.m., Wednesdays at TCMC and 6:30-7:30 p.m., Wednesdays online. [Mindfulness and Loving Kindness](#) with **Chuong Tran**. Each month, we will work with a different sense gate or a combination of sense gates, in motion or stillness with variety of techniques to enrich our daily life practice. The [class](#) consists of guided meditations, and discussion. [Check TCMC Schedule for format](#)

THURSDAY EVENINGS: 6:30–7:30 p.m. [Befriending Oneself through Mindfulness and Meditation](#) with **Nick Van Kleeck**. Please see the rest of the newsletter or the [TCMC schedule](#) for more information. [Online only.](#)

SUNDAY MORNINGS: Sits - In-person. On the **first** Sunday of each month, we will have the [Sitting Together](#) program with longer periods of sitting and walking meditation that will go from 8:30 a.m. to 11:35 a.m. at TCMC. Afterwards, there will be time to enjoy coffee, tea, and conversation until noon.

On the **third** Sunday of the month, **Lhasha Tizer** will be leading the [Moving Into Stillness](#) daylong retreat from 9:30am – 2 pm in-person at TCMC.

On the **2nd, 4th and 5th** (if applicable) Sundays of the month, we will have one 50-minute uninterrupted meditation session, from 8:30 a.m. to 9:20 a.m.

∞Please send submissions for this E-newsletter to Dan (danbrocious@earthlink.net) by the 25th of the month.∞

