



Tucson Community MEDITATION CENTER

Newsletter

INSIDE THIS ISSUE:

- [Sits](#) 7
- [Classes](#) 2

New at TCMC

[Mindful Foot Reflexology](#)
with Lorelei

Save the date

**Self and World - Appreciation
and Transcendence**

A Hybrid Non-residential
Retreat with Shinzen Young
& Kaishin Ashley
March 8 - 10, 2024
[Registration/Information](#)

Change of format

[Mindfulness and
Loving Kindness](#)

with **Chuong Tran**
Wednesday nights

[Click for
Quick Look](#)
Feb.– Mar.
Calendar
Page 6

Inviting Fluidity of Being

**Online Intensive Mindfulness Meditation Retreat - led by Stephanie Nash,
Bonnie Colby and Campbell Miller – Feb.7 – 11, 2024.**



By "fluidity" we mean more flexibility, agility & flow of body & mind, and so we will be co-creating this mindfulness retreat to also include healing movement, touch & play for a more joyful & meaningful embodied experience. "Meditation is not just sitting still with eyes closed", so we will explore & celebrate that in what is presented - and how - for this one-of-a-kind and uniquely structured meditation retreat.

The structure of the retreat will support a more intensive meditation retreat schedule for those who want to dive deep, with the option for taking a less intense route - as serves you best.

The retreat will have silent sits in the online meditation hall from 5:30 am through 10:00 pm. Even though we are in an online environment, you will have the presence and support of other meditators.

The retreat will consist of guided Unified Mindfulness meditation instruction, guided embodiment practices, a daily talk on a related topic, and an opportunity for Q&A.

[Complete retreat and instructor information](#)

[Registration](#)

Moving Into Stillness: A Day of Sitting & Walking Meditation

Meetings now in person at TCMC.

Sunday, Feb. 18 9:30 a.m. – 2 p.m. MST 1147 N. Howard Blvd.



Dharma talk -- **Creativity and Mindfulness**



"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](#)



***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 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. 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.

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](#).



Revitalizing Our Happiness Pathways

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

Tuesdays: Jan 16, 23 & 30, Feb 6 & 20 6 – 7 p.m. US MST MEETS ONLINE

The worlds' diverse cultures, over millennia, provide a rich array of practices now understood to help us rebound from difficulties and deeply savor the joys in life. In this class, we draw upon practices grounded in modern neuroscience, suited to our shared human-mammal physiology* and tailored to our unique life experiences.

We benefit from doing these practices both in brief intervals throughout our day, and through longer times of meditation.** By restoring balance in our nervous system, these exercises facilitate kind interactions and skillful choices. Nervous system balance (assessed through *Heart Rate Variability* and other measures) is linked to our cognitive, emotional and physical health; to our capacity to connect and to rebound from stress.

Practices from world meditative traditions, grounded in modern neuroscience

* Porges, Stephen, Polyvagal Theory: A Science of Safety *Front. Integr. Neurosci.*, May 2022

** World meditation practices are broad and varied, with still & silent sitting as just one option.

Taught by **Bonnie Colby**, Ph.D, meditation teacher & university professor.

Class meets via Zoom.

Registration required.

Registration closed until next series

[Complete class and teacher information](#)

Questions? Contact Bonnie C. at heartprof@gmail.com

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 **February** meetings:

Feb. 5 – *Working with Intention in Meditation and Life*

Feb. 19 – *Chanting and Mantra Meditation*

Feb. 12 – *Five Hindrances to Meditation*

Feb. 26 – *Developing compassion*

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.

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.

First and third Wednesdays, in person, 7 – 8 p.m. MST at TCMC

Second and fourth Wednesdays, online, 6:30 – 7:30 p.m. MST

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



Chuong Tran

Wednesday sit leader

[Class information](#)

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



taught by Dharma Treasure Teacher **Nick**

Thursdays in February

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.

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



Quick Look Calendar

February	March
Feb. 4 In person, Sitting Together half-day	Mar. 3 In person, Sitting Together half-day
Feb. 7-11 Online Meditation Retreat	Mar. 8-10 In person/online Meditation Retreat
Feb. 18 In person, Moving Into Stillness	Mar. 24 In person, Moving Into Stillness



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



[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.

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)

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.

7- 8 p.m., 1st and 3rd Wednesdays at TCMC. **6:30-7:30 p.m., 2nd & 4th 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. [Online only, 2nd & 4th Wednesdays.](#)

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.∞

