



Tucson **Community**
MEDITATION CENTER



Reunion Practice

In-person Daylong Retreat with
Kaishin (Blake) Ashley
Saturday, January 22nd, 2022
9:00 – 4:00 Arizona Time (MST)

In this day-long retreat, we will explore a variety of mindfulness techniques from Shinzen Young's Unified Mindfulness system. This will be our first in-person retreat since we closed the center due to COVID-19. The underlying theme is the joy and power of practicing together. 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.

Masks, worn properly are required, and there will be social distancing in the meditation hall. Vaccination is recommended, but not required. The teacher will not be wearing a mask while teaching

Fee: \$30 – no one will be turned away due to inability to pay. Scholarships are available

Registration: – Registration is **required**; use our online registration system [HERE](#) Attendance is limited to allow social distancing.

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