



A Day of Sitting & Walking Meditation



A Monthly Practice Facilitated by Lhasha Tizer, Community Dharma Leader

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; for beginners this is a wonderful opportunity to taste the benefits of retreat-style practice, and for more experienced practitioners a way to enhance, broaden, and deepen their practice.

"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"

THIS MONTH

Dharma talks on "Solitude". Please come and enjoy.

ABOUT MOVING INTO STILLNESS

The day will begin with a short talk on logistics, questions, noble silence, creativity talk, meditation

instructions followed by alternating periods of sitting and walking meditation, a quiet lunch, a dharma talk, continued meditation, and time for Q&A and sharing.

- If you are new to this daylong please review the [Guidelines for Daylongs](#) on the TCMC website.
- Please attend for the entire day if at all possible; or attending either the morning or afternoon session is fine as well. *Please bring a lunch.

INFORMATION

When: Sunday, April 21, 2024, 9:30am - 2:00pm.

Location: TCMC, 1147 N Howard Blvd. Tucson, AZ

Fee: Sliding scale \$25-\$30 for the day. *No one will be turned away due to inability to pay.

Registration: Please use our online registration system at tucsonmeditation.org/retreats, or send a check payable to "TCMC" to TCMC, 1147 N Howard Blvd., Tucson AZ 85716.

Contact: Lhasha Tizer, lhasha9@gmail.com, 520-321-3670

ABOUT THE TEACHER



Lhasha Tizer, MS, has been practicing and teaching formal meditation techniques for 47 years. She began practicing Insight Meditation 29 years ago with Spirit Rock teachers and has taught at TCMC since 2000. She is a certified

Community Dharma Leader from the Spirit Rock program and teaches for Desert Insight Meditation.