

Other Events (Not gender specific)

Finding Peace Within during the Holidays

One-Day (in town) Meditation Retreat

Facilitated by Kathy Keler and Michael Pellegrino

When: **Friday, December 23rd, 2016, 10:30-5:30**

Where: Stone Curves Co-Housing Community (Common House)

4127 North Stone Ave, Tucson, AZ

bring a bag lunch; coffee, tea and snacks provided

suggested donation: \$7 or what you like

to sign up, email Kathy at kelerkathy@gmail.com

Schedule:

10:00 - 10:15—Arrive and settle in

10:30 - 11:00—Introduction and instructions for meditation by Michael

11:00 - 11:30—sitting meditation

11:30 - 12:00—walking meditation, preceded by instructions for those who are new to this practice.

(option to continue sitting, or lying down, for those who prefer.)

12:00- 12:30—sitting meditation

(in a separate area, opportunity for individuals to ask questions to us or raise concerns)

12:30 - 1:30—lunch and free time (silent area provided for those wanting to continue in silence)

1:30- 1:45—dharma talk by Michael

1:45 - 2:15—sitting meditation

2:15 - 2:45—walking meditation

2:45 - 3:30—Gentle Yoga guided by Michael

(option to continue sitting in silence)

3:30- 3:45—break: tea, coffee, snacks

3:45- 4:00—dharma talk by Kathy

4:00 - 4:30—sitting meditation

4:30 - 5:00—walking meditation

5:00 - 5:30—closing
