

Daylong Meditation Retreat with **Hayward Fox, Ph.D.**

From Resistance To Transcendence Open State Training



We suffer not from the situations or circumstances of our lives, but from our reactions to these events. Mindfulness training teaches us to note these reactive patterns as they arise in thoughts, feelings and actions. As we note these patterns, we can recognize the suffering we experience when we resist what is.

It is difficult for us to respond fully and adaptively to anything we are resisting. What seems to be called for is a shift in our state of mind that would allow for creative responsiveness. Open state training is a meditative practice that helps relax constrictive, reactive states of body and mind. An open state allows us to enjoy more degrees of freedom, enabling more fitting responsiveness and a feeling of being vibrantly alive.

When: Sunday, April 18th, 2010, 8:30 am to 4:30 pm

Where: TCMC 1231 E. Edison Street, Tucson, AZ

1 block South of Grant, 2 Houses West of Mountain Ave.

Suggested Donation for TCMC: \$15.00*

Capacity is limited and Dr. Fox's retreats are always very well attended.

Please Register Early: Send your name, phone # and email address, along with your TCMC donation,

to: **TCMC P.O. Box 40007, Tucson, AZ 85717**

or contact Linda Bacon at 520-548-5465 / Linda@bw-appraisals.com

A Separate Donation Basket Will Be Available For Dr. Fox at the Retreat

No one will be turned away due to inability to pay.

*TCMC donations cover facility maintenance, utilities and advertising costs.

Please bring your lunch.

Hayward Fox is a psychotherapist with forty years of clinical experience and thirty years of meditative practice. What makes him an extraordinary teacher is his ability to meld his psychotherapy and meditative practices -- "two wings of the same bird" -- and provide a gentle, intuitive and safe presence. He responds to our intention to be free of inhibiting patterns and to recognize our authentic nature. www.HaywardFox.com