



Tucson Shambhala Meditation Center

Dear Sangha,

We want to let you know that we are working to keep our Center moving forward and although we are postponing all in-person activities, we are maintaining a very active online presence! We are **ZOOMING!**

Participants tell us they are feeling connected despite our “distancing” and we wanted to be sure you know about the following opportunities:

Mon. thru Sat. Meditation 8 – 9 am

Monday Night Reflection Group 6 – 7:30 pm

Sarpashana Buddhist Recovery Group – Thursday night 6 – 7:30 pm

Various Online Sunday Meditations to choose from, hosted by other Shambhala Centers. [See our May 3 event listing](#) for a selection of ongoing online sittings.

We will be providing access to all events using a Zoom format. One side benefit is that people from all over the country can attend, creating a counter-balance to the social isolation many people are experiencing during this challenging time.

Here’s How to Join Us:

1. Send an email to tucson.shambhala@gmail.com and tell us which of the three following events you’re interested in. Sending an email will not obligate you to attend. It will simply put you on a mailing list to receive notices. Please note: There will be separate mailing lists for each program. For example, if you are only interested in the Mon. thru Sat. Meditation, you will not receive notices for any of the other programs *unless you have told us you want to be on that mailing list.*
 - Mon. thru Sat. Meditation 8 – 9 am
 - Monday Night Reflection Group 6 – 7:30 pm
 - Sarpashana Buddhist Recovery Group – Thursday night 6 – 7:30 pm
2. After you have emailed us with your interest in participating via Zoom, you will be added to our contact list for that event and we will send you a Zoom link in advance of that meeting. On the date and time of the event you simply have to click on the link provided in the email and join the group.

Yours in the Dharma and Great Eastern Sun,

The Tucson Shambhala Council