

Tucson Shambhala Meditation Group & Tucson Sarpashana are pleased to announce

Kevin Griffin

will be teaching in Tucson at St. Francis in the Foothills ~ March 23 and 24, 2012.



The Buddha said craving is the cause of suffering. Craving may manifest in compulsive behaviors, habitual thought and emotional patterns and/or addiction to substances. Buddhists practice to let go of craving; recovery programs work with the deepest forms of craving - our addictions. How can these traditions work together?

Join us for a public talk Friday evening, March 23, and for a daylong retreat Saturday, March 24, combining traditional Buddhist meditation practices and recovery work. All paths - Buddhist and recovery - are welcome; newcomers and those new to meditation are very welcome!

Friday, March 23, 6:30 – 8:30 p.m. (\$10 suggested donation)

Saturday, March 24, 9:30 a.m. – 5:30 p.m. (\$40 suggested donation)

No one will be turned away for lack of funds. We will also be practicing the principle of dana (the practice of cultivating generosity) for Kevin's gift of teaching.

There will be a lunch break on Saturday. While there are some restaurants in the vicinity of St. Francis, the break will not be long and bringing your lunch is encouraged.

Pre-registration is encouraged. You may register from the event webpage located on the Tucson Shambhala Website:

www.tucson.shambhala.org



*Kevin Griffin is the author of *One Breath at a Time: Buddhism and the Twelve Steps* (Rodale Press 2004) and *A Burning Desire: Dharma God and the Path of Recovery* (Hay House 2009). A longtime Buddhist practitioner and 12 Step participant, he is a leader in the mindful recovery movement and one of the founders of the Buddhist Recovery Network. Kevin has trained with the leading Western Vipassana teachers, among them Jack Kornfield, Joseph Goldstein, and Ajahn Amaro. His teacher training was as a Community Dharma Leader at Spirit Rock Meditation Center in Marin County, CA.*

Event Location: St. Francis in the Foothills • 4625 E. River Road (River and Swan) • Tucson, AZ 85718