

The Arizona Center for Integrative Medicine and The Tergar Meditation Group of Tucson present:

Healing the Heart & Mind:

An Introduction to Meditation with Yongey Mingyur Rinpoche

Tibetan meditation master Yongey Mingyur Rinpoche will introduce the healing art of meditation, showing how this ancient practice can be used to calm the mind and open the heart. Meditation trains the mind and re-wires the brain, allowing one to use any situation or experience – even difficult emotions and physical pain – as a gateway to inner peace and joy. The program is free, and appropriate for anyone of any faith, background, profession, or level of meditation practice.

When: Thursday, May 6 at 5:30pm

Where: DuVal Auditorium

University Medical Center

1501 N. Campbell Avenue

Tucson, Arizona 85724

Cost: Free



“Mindfulness practice is extremely beneficial; especially for those whose work involves healing others, such as those who work as health care professionals, and those who are dealing with difficult circumstances, like illness or economic hardship.”

About Mingyur Rinpoche

Born in 1975 in the Himalayan border regions between Tibet and Nepal, Yongey Mingyur Rinpoche is celebrated for his ability to present the practice of meditation in a clear, accessible manner. Rinpoche himself used the practice of meditation to deal with a debilitating anxiety disorder as child. Later, he took part in a number of groundbreaking scientific studies concerning the effects of meditation on the brain. His teaching style reflects this unique background, combining the ancient wisdom of Tibet with the insights of modern science and practical advice on using meditation to deal with the challenges of daily life.

Rinpoche's candid, often-humorous accounts of his own personal difficulties have endeared him to thousands of students around the world. His bestselling book, *The Joy of Living: Unlocking the Secret and Science of Happiness*, debuted on the New York Times best-seller list and has been translated into over 20 languages. Rinpoche's most recent books are *Joyful Wisdom: Embracing Change and Finding Freedom*, and an illustrated children's book entitled *Ziji: The Puppy Who Learned to Meditate*.



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