

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Director: Brother ChiSing</p> <p>Assistant: Bobbie Perkins</p> <p>Communications: Cornell Kinderknecht</p>	<p>DMC Office Hours: Mondays - Thursdays 11:00 am - 4:00 pm</p>	<p>AH & DMC aspire to be:</p> <p>INTERFAITH INCLUSIVE INTEGRAL INSPIRED</p>	<p>6 March</p> <p>9:30a TAI CHI - Janna</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>5:45p TAI CHI - Janna</p> <p>6:00-7:15p YOGA - Roya</p> <p>7:30p ACTIVE Meditation</p>	<p>7</p> <p>12:00-12:45p Zen-to-Go</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:30p QIGONG - Jyoti</p> <p>7:00-900p BUDDHIST Practices - Tashi Nyima</p>	<p>8</p> <p>12:00-12:45p Zen-to-Go</p>	<p>9</p> <p>10:00a-12:30p REIKI</p> <p>5:00-9:00p FLUTE Circle</p>
<p>10</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Ven. Tashi Nyima & Brother ChiSing *</p>	<p>11</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>* 6:00p ZEN Meditations (sit/walk/sit) - ChiSing *</p> <p>7:30p Beginner-friendly GUIDED Meditations - Brother ChiSing</p>	<p>12</p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Vajra YOGA - Tashi</p> <p>6p VIPASSANA - David</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p> <p>7:30p Chakra Meditation</p>	<p>13</p> <p>9:30a TAI CHI - Janna</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>5:45p TAI CHI - Janna</p> <p>6:00-7:15p YOGA - Roya</p> <p>7:30p ACTIVE Meditation</p>	<p>14</p> <p>12:00-12:45p Zen-to-Go</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:30p QIGONG - Jyoti</p> <p>7:00-900p BUDDHIST Practices - Tashi Nyima</p>	<p>15</p> <p>12:00-12:45p Zen-to-Go</p>	<p>16</p> <p>2:00-5:00p Free Mini-Retreat - ChiSing</p> <p>5:00-6:30p Women's Meditation - Vanessa G.</p>
<p>17 St. Patrick's Day</p> <p>3p Meditación (español)</p> <p>* 5-7p Celebration: SPRING EQUINOX !!! - Brother ChiSing, etc. *</p> <p>7:00p Potluck Dinner</p>	<p>18</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>* 6:00p ZEN Meditations (sit/walk/sit) - ChiSing *</p> <p>*7:30p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>19</p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Vajra YOGA - Tashi</p> <p>6p VIPASSANA-ChiSing</p> <p>* 7-9p YOUNG ADULTS (20's & 30's) Meditation*</p> <p>7:30p Chakra Meditation</p>	<p>20 Spring Equinox</p> <p>9:30a TAI CHI - Janna</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>5:45p TAI CHI - Janna</p> <p>6:00-7:15p YOGA - Roya</p> <p>7:30p ACTIVE Meditation</p>	<p>21</p> <p>12:00-12:45p Zen-to-Go</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:30p QIGONG - Jyoti</p> <p>7:00-900p BUDDHIST Practices - Tashi Nyima</p>	<p>22</p> <p>12:00-12:45p Zen-to-Go</p> <p>7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)</p>	<p>23</p> <p>3:00-5:00p Emotional Freedom Technique: EFT</p> <p>3:00-5:00p Meditation w/ Hemi-Sync Technology</p> <p>5:00-6:30p Women's Meditation - Vanessa G.</p>
<p>24</p> <p>3p Meditación (español)</p> <p>5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing</p> <p>7:30p TaKeTiNa -Michael</p>	<p>25</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>* 6:00p ZEN Meditations (sit/walk/sit) - ChiSing *</p> <p>*7:30p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>26</p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Vajra YOGA - Tashi</p> <p>6p VIPASSANA-ChiSing</p> <p>* 7-9p YOUNG ADULTS (20's & 30's) Meditation*</p> <p>7:30p Chakra Meditation</p>	<p>27</p> <p>9:30a TAI CHI - Janna</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>5:45p TAI CHI - Janna</p> <p>6:00-7:15p YOGA - Roya</p> <p>7:30p ACTIVE Meditation</p>	<p>28</p> <p>12:00-12:45p Zen-to-Go</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:30p QIGONG - Jyoti</p> <p>7:00-900p BUDDHIST Practices - Tashi Nyima</p>	<p>29</p> <p>12:00-12:45p Zen-to-Go</p> <p>8:00p MUSIC CONCERT - Cornell Kinderknecht & Julie Bonk</p>	<p>30</p> <p>10:00-11:30p "Yoga, Breath & Sound" - Andy McDonald & Niko</p> <p>1-4:30p Women's QiGong</p> <p>5:00-6:30p Women's Meditation - Vanessa G.</p> <p>7:00p SUFI Chant/Dance</p>
<p>31 Easter</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - special guest speaker</p>	<p>(1) April</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00p ZEN Meditations (sit/walk/sit) - guest</p> <p>*7:30p Beginner-friendly GUIDED Meditations - guest teacher</p>	<p>(2) Passover</p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Vajra YOGA - Tashi</p> <p>6p VIPASSANA - David</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p> <p>7:30p Chakra Meditation</p>	<p>(3)</p> <p>9:30a TAI CHI - Janna</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>5:45p TAI CHI - Janna</p> <p>6:00-7:15p YOGA - Roya</p> <p>7:30p ACTIVE Meditation</p>	<p>(4)</p> <p>12:00-12:45p Zen-to-Go</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:30p QIGONG - Jyoti</p> <p>7:00-900p BUDDHIST Practices - Tashi Nyima</p>	<p>(5)</p> <p>12:00-12:45p Zen-to-Go</p> <p>7:00-9:00p First Fridays: DRUM Circle - Dorayne</p>	<p>(6)</p> <p>* 9:00a-12:30p YOGA & MEDITATION Retreat - Andy & ChiSing (free) *</p> <p>* 2:00-6:00p Workshop: BEGINNERS Meditation - Brother ChiSing *</p>