


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>SOS:</p> <p>Sangha Optimal Support</p>	<p><i>One of our members will match our June donations up to \$10,000!</i></p>	<p>Please consider giving \$1,000 for this year or a generous donation of any amount by June 30. Thanks!</p>
<p>9</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing *</p>	<p>10</p> <p>12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 6:00p TAI CHI - Janna</p> <p>*7:30p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>11</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p> <p>7:30p Chakra Meditation</p>	<p>12</p> <p>12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 6:00-7:15p YOGA - Roya 7:30p ACTIVE Meditation</p>	<p>13</p> <p>12:00-12:45p Zen-to-Go 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7:30p QIGONG - Jyoti 7:00-9:00p BUDDHIST Practices - Tashi Nyima</p>	<p>14</p> <p>12:00-12:45p Zen-to-Go</p> <p>7:00p Spiritual SEX - Alfonso De Rose</p>	<p>15</p> <p>1-4p Body Energy Chakra - Andy, Jodi & Cornell</p> <p>3:30-5:30p EFT - Cathy V</p> <p>7:30p "Sacred Sounds" Concert - Jodi & Cornell</p>
<p>16 <i>Father's Day</i></p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing *</p>	<p>17</p> <p>12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy</p> <p>*7:30p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>18</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p> <p>7:30p Chakra Meditation</p>	<p>19</p> <p>12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 6:00-7:15p YOGA - Roya 7:30p ACTIVE Meditation</p>	<p>20</p> <p>12:00-12:45p Zen-to-Go 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7:30p QIGONG - Jyoti 7:00-9:00p BUDDHIST Practices - Tashi Nyima</p>	<p>21 <i>Summer Solstice</i> 11:30a-5:00p Trinity Energy - Angela Coulter</p> <p>12:00-12:45p Zen-to-Go</p> <p>7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)</p>	<p>22</p> <p>9:30a-4:30p Trinity Energy - Angela Coulter (also Sun. 9:30a-3:30p)</p> <p>10:00-11:30a "YOGA, Breath, & Sound" - Andy McDonald & Niko</p> <p>3:00-5:00p Hemi-Sync</p>
<p>23 ☉</p> <p>3p Meditación (español)</p> <p>* 5-7p Summer Solstice & Full Moon Celebration @ AWAKENING HEART - Brother ChiSing *</p> <p>7:00p Potluck Dinner 7:30p TaKeTiNa -Michael</p>	<p>24</p> <p>12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy</p> <p>*7:30p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>25</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi</p> <p>*7-9p YOUNG ADULTS (20's & 30's) Meditation*</p> <p>7:30p Chakra Meditation</p>	<p>26</p> <p>12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 6:00-7:15p YOGA - Roya 7:30p ACTIVE Meditation</p>	<p>27</p> <p>12:00-12:45p Zen-to-Go 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7:30p QIGONG - Jyoti 7:00-9:00p BUDDHIST Practices - Tashi Nyima</p>	<p>28</p> <p>12:00-12:45p Zen-to-Go</p> <p>(Your event could go here)</p>	<p>29</p> <p>* 9:00a-12:30p YOGA & MEDITATION Retreat - Andy & ChiSing (free) *</p> <p>9a-5p Quantum Touch - Sue Siebens</p> <p>* 2:00-6:00p Workshop: BEGINNERS Meditation - Brother ChiSing *</p>
<p>30</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing *</p>	<p>(July 1)</p> <p>12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy</p> <p>7:30p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>(2)</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p> <p>7:30p Chakra Meditation</p>	<p>(3)</p> <p>12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 6:00-7:15p YOGA - Roya 7:30p ACTIVE Meditation</p>	<p>(4) <i>Independence Day</i></p> <p>DMC closed for the Fourth of July holiday</p>	<p>(5)</p> <p>12:00-12:45p Zen-to-Go</p> <p>7:00p Monthly DRUM Circle-Dorayne Breedlove</p>	<p>(6)</p> <p>(Your event could go here)</p>

SOS

Sangha Optimal Support

Fundraising Campaign

\$10,000 + \$10,000

(June 2013)



One of our members has offered to match our donations up to \$10,000.
So, let's raise at least \$10,000 by June 30 for the Dallas Meditation Center.
Let us practice generosity and abundance so that more people can be reached
with the practice of mindfulness, wisdom, love, peace and enlightenment.
AMITABHA!

www.DallasMeditationCenter.com