


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</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>2</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi 7-9p YOUNG ADULTS (20's & 30's) Meditation 7:30p Chakra Meditation</p>	<p>3</p> <p>9:00a TAI CHI – Janna (10a Advanced Tai Chi) 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 Independence Day</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 First Fridays Monthly DRUM Circle - Dorayne Breedlove</p>	<p>6</p> <p>(Your event could go here)</p>
<p>7</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing *</p>	<p>8</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>9</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi 7-9p YOUNG ADULTS (20's & 30's) Meditation 7:30p Chakra Meditation</p>	<p>10</p> <p>9:00a TAI CHI – Janna (10a Advanced Tai Chi) 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>11</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>12</p> <p>12:00-12:45p Zen-to-Go</p> <p>(Your event could go here)</p>	<p>13</p> <p>10:00a-12:30p REIKI</p> <p>5:00-9:00p FLUTE Circle</p>
<p>14</p> <p>3p Meditación (español)</p> <p>5-7p AWAKENING HEART (this is our large main Meditation service) - Andy McDonald (yogi)</p>	<p>15</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 - Kamal Albright (sub)</p>	<p>16</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi 7-9p YOUNG ADULTS (20's & 30's) Meditation 7:30p Chakra Meditation</p>	<p>17</p> <p>9:00a TAI CHI – Janna (10a Advanced Tai Chi) 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>18</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>19</p> <p>12:00-12:45p Zen-to-Go</p> <p>7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)</p>	<p>20</p> <p>* 9:00a-12:30p YOGA & MEDITATION Retreat - Andy & ChiSing (free) *</p> <p>* 2:00-6:00p Workshop: BEGINNERS Meditation - Brother ChiSing *</p>
<p>21</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing *</p> <p>7p Vegetarian Potluck</p>	<p>22</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>23</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi *7-9p YOUNG ADULTS (20's & 30's) Meditation* 7:30p Chakra Meditation</p>	<p>24</p> <p>9:00a TAI CHI – Janna (10a Advanced Tai Chi) 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>25</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>26</p> <p>12:00-12:45p Zen-to-Go</p> <p>8:00p Special Evening of Deep Relaxation, MUSIC, & "Touching the Earth" - Bobbie Perkins & Cornell Kinderknecht</p>	<p>27</p> <p>1:30–5:30 Divine Fire Workshop Michael Rafael</p> <p>7:30 Brian Lottman - satsang</p>
<p>28</p> <p>3p Meditación (español)</p> <p>5-7p AWAKENING HEART (this is our large main Meditation service) - Tashi Nyima (monk)</p> <p>7:30p TaKeTiNa -Michael</p>	<p>29</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 - Kamal Albright (sub)</p>	<p>30</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi 7-9p YOUNG ADULTS (20's & 30's) Meditation 7:30p Chakra Meditation</p>	<p>31</p> <p>9:00a TAI CHI – Janna (10a Advanced Tai Chi) 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>Director: Brother ChiSing Assistant: Bobbie Perkins Communications: Cornell Kinderknecht</p>	<p>DMC Office Hours: Mondays - Thursdays 11:00 am - 4:00 pm</p>	<p>AH & DMC aspire to be: INTERFAITH INCLUSIVE INTEGRAL INSPIRED</p>