


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>1</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>7:00-9:00p BUDDHIST Practices - Tashi Nyima</p>	<p>2</p> <p>7:00p First Fridays Monthly DRUM Circle - Dorayne Breedlove</p>	<p>3</p> <p>10:00-11:30a YOGA, Breath & Sound - Andy McDonald & Jodi Roberts</p>
<p>4</p> <p>3p Meditación (sub)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing *</p>	<p>5</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00p TAI CHI - Janna</p> <p>*7:30p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>6 ●</p> <p>10-11am Movement Ritual-Ana Shoemaker</p> <p>12:00-12:45p Zen-to-Go</p> <p>7-9p YOUNG ADULTS</p> <p>7:30p Chakra Meditation</p>	<p>7</p> <p>9:00a TAI CHI - Janna (10a Advanced Tai Chi)</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00-7:15p YOGA - Roya</p> <p>7:30p ACTIVE Meditation</p>	<p>8</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>7:00-9:00p BUDDHIST Practices - Tashi Nyima</p>	<p>9</p> <p>(Your event could go here)</p>	<p>10</p> <p>10:00a-12:30p REIKI</p> <p>2-4p Tibetan Bowls workshop - Jodi Roberts</p> <p>2:30-4:30p Connections</p> <p>5:00-9:00p FLUTE Circle</p>
<p>11</p> <p>3p Meditación (español)</p> <p>5-7p AWAKENING HEART (this is our large main Meditation service) - Rev. Lee Wolak (CSL)</p>	<p>12</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00p TAI CHI - Janna</p> <p>7:30p Beginner-friendly GUIDED Meditations - Kamal Albright (sub)</p>	<p>13</p> <p>10-11am Movement Ritual-Ana Shoemaker</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS</p> <p>7:30p Chakra Meditation</p>	<p>14</p> <p>9:00a TAI CHI - Janna (10a Advanced Tai Chi)</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00-7:15p YOGA - Roya</p> <p>7:30p ACTIVE Meditation</p>	<p>15</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>7:00-9:00p BUDDHIST Practices - Tashi Nyima</p>	<p>16</p> <p>7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)</p>	<p>17</p> <p>* 9:00a-12:30p YOGA & MEDITATION Retreat - ChiSing, etc. (free) *</p> <p>* 2:00-6:00p Workshop: BEGINNERS Meditation - Brother ChiSing *</p>
<p>18</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing * (music: Robin Hackett)</p> <p>7p Vegetarian Potluck</p>	<p>19</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00p TAI CHI - Janna</p> <p>*7:30p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>20</p> <p>10-11am Movement Ritual - Ana Shoemaker</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS</p> <p>7:30p Chakra Meditation</p>	<p>21 ○</p> <p>9:00a TAI CHI - Janna (10a Advanced Tai Chi)</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00-7:15p YOGA - Roya</p> <p>7:30p ACTIVE Meditation</p>	<p>22</p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Sound Meditation- Jodi Roberts - new</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>7:00-9:00p BUDDHIST Practices - Tashi Nyima</p>	<p>23</p> <p>8:00p MUSIC Concert of Flutes & Bowls - Cornell Kinderknecht & Jodi Roberts</p>	<p>24</p> <p>2:00-5:00p Love Project - Karen Isbell</p>
<p>25</p> <p>2:30p 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>26</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00p TAI CHI - Janna</p> <p>*7:30p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>27</p> <p>10-11am Movement Ritual - Ana Shoemaker</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS</p> <p>7:30p Chakra Meditation</p>	<p>28</p> <p>9:00a TAI CHI - Janna (10a Advanced Tai Chi)</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00-7:15p YOGA - Roya</p> <p>7:30p ACTIVE Meditation</p>	<p>29</p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Sound Meditation- Jodi Roberts - new</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>7:00-9:00p BUDDHIST Practices - Tashi Nyima</p>	<p>30</p> <p>(Your event could go here)</p>	<p>31</p> <p>7:30p Sound & Music Meditation - Cornell Kinderknecht & Martin McCall</p>