


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>2:30p <i>Meditación español</i></p> <p>5-7p AWAKENING HEART (this is our large main Meditation service) - Tashi Nyima (monk)</p>	<p>2</p> <p>(LABOR DAY)</p> <p>7:30p FREE Day of Yoga & Meditation - Kamal Albright</p>	<p>3</p> <p>10a MOVEMENT - Ana</p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>4</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 OSHO Med. - Ana</p>	<p>5</p> <p>11:30a Laughter - Jyoti</p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Sound Med. - Jodi R.</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p YOGA - Andy</p> <p>7-9p BUDDHISM - Tashi</p>	<p>6</p> <p>7:00p First Fridays Monthly DRUM Circle - Dorayne Breedlove</p>	<p>7</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>8</p> <p>2:30p <i>Meditación español</i></p> <p>5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing's 44th birthday celebration</p>	<p>9</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 QIGONG - Jyoti</p> <p>7:30p Yoga/Med. - Kamal</p> <p>7p ChiSing @ Lovers Ln</p>	<p>10</p> <p>10a MOVEMENT - Ana</p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Vajra YOGA - Tashi</p> <p>7:30p Flute Class -Cornell</p> <p>7-9p YOUNG ADULTS</p> <p>7:30p Chakra Med. - Jyoti</p>	<p>11</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 OSHO Med. - Ana</p>	<p>12</p> <p>11:30a Laughter - Jyoti</p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Sound Med. - Jodi R.</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p YOGA - Andy</p> <p>7-9p BUDDHISM - Tashi</p>	<p>13</p> <p>7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)</p>	<p>14</p> <p>10:00a-12:30p REIKI</p> <p>Fort Worth Mini-Retreat w/ Brother ChiSing (1-5p @ Harmony F.)</p> <p>5:00-9:00p FLUTE Circle</p>
<p>15</p> <p>2:30p <i>Meditación español</i></p> <p>5-8p "Maha-Sangha" @ AWAKENING HEART (first 5 min. w/ children) - Brother ChiSing (plus dinner & movie)</p>	<p>16</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 QIGONG - Jyoti</p> <p>7:30p Yoga/Med. - Kamal</p> <p>7p ChiSing @ Lovers Ln</p>	<p>17</p> <p>10a MOVEMENT - Ana</p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p> <p>7:30p Chakra Med. - Jyoti</p>	<p>18</p> <p>9:00a TAI CHI - Janna</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>7p Relationships - Cathy</p> <p>7:30p OSHO Med. - Ana</p>	<p>19</p> <p>11:30a Laughter - Jyoti</p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Sound Med. - Jodi R.</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p YOGA - Andy</p> <p>7-9p BUDDHISM - Tashi</p>	<p>20</p> <p>8:00p "Sound Oasis" MUSIC Concert - Cornell Kinderknecht, Cynthia Stuart & Martin McCall</p>	<p>21</p> <p>Peace Day</p> <p>12-1p "Be the Peace" - Jodi R. & Veronica V.</p> <p>3p Vedic Astrology - Rose</p> <p>3p Hemi-Sync Med -Louis</p>
<p>22 Autumn Equinox</p> <p>2:30p <i>Meditación español</i></p> <p>5-7p AWAKENING HEART (this is our large main Meditation service) - Thich Nhat Hanh</p>	<p>23</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 QIGONG - Jyoti</p> <p>7:30p Yoga/Med. - Kamal</p> <p>7p ChiSing @ Lovers Ln</p>	<p>24</p> <p>Thich Nhat Hanh in MS</p> <p>10a MOVEMENT - Ana</p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS</p> <p>7:30p Chakra Med. - Jyoti</p>	<p>25</p> <p>9:00a TAI CHI - Janna</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>7p Relationships - Cathy</p> <p>7:30p OSHO Med. - Ana</p>	<p>26</p> <p>11:30a Laughter - Jyoti</p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Sound Med. - Jodi R.</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p YOGA - Andy</p> <p>7-9p BUDDHISM - Tashi</p>	<p>27</p> <p>7:30p Intro to Exercises for Body, Mind & Soul - Dennis Grounds</p>	<p>28</p> <p>9:30a-2:30p Holistic Health Fair - David Shapley & friends</p>
<p>29</p> <p>11a-2p Mandala: Sacred Movement - Ana & Katie</p> <p>2:30p <i>Meditación español</i></p> <p>5-7p "Three Refuges" @ AWAKENING HEART - ChiSing & Tashi</p> <p>7:30p TaKeTiNa -Michael</p>	<p>30</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 QIGONG - Jyoti</p> <p>7:30p Yoga/Med. - Kamal</p> <p>7p ChiSing @ Lovers Ln</p>	<p>(sign up now for the AUTUMN Weekend Mindfulness RETREAT on OCTOBER 25-27)</p>		<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>