


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Director: <b>Brother ChiSing</b></p> <p>Assistant: <b>Bobbie Perkins</b></p> <p>Communications: <b>Cornell Kinderknecht</b></p>	<p>○</p> <p>DMC Office Hours: <b>Mondays - Thursdays</b> <b>11:00 am - 4:00 pm</b></p>	<p>AH &amp; DMC aspire to be:</p> <p><b>INTERFAITH INCLUSIVE INTEGRAL INSPIRED</b></p>				
<b>8</b>	<b>9</b> <b>12:00-12:45p Zen-to-Go</b> 2:00-3:15p YOGA - Andy 6:00p TAI CHI - Janna 6:30p PILATES – Karina 7:00 – UA Meeting 7:30p QIGONG – Jyoti 7:30-9p Yoga/Med -Kamal	<b>10</b> <b>9a-12p Recovery - Bryan</b>  <b>12:00-12:45p Zen-to-Go</b>  <b>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</b> 7:30p Chakra Med. - Jyoti	<b>11</b> 9:00a TAI CHI - Janna <b>12:00-12:45p Zen-to-Go</b> 2:00-3:15p YOGA - Andy 6:00p GentleYOGA -Roya <b>6-9p Recovery - Bryan</b> <b>7-9p Thich Nhat Hanh</b> 7:30 Osho Med - Ana	<b>12</b> <b>9a-12p Infused Recovery – Bryan</b> 11:30a Laughter - Jyoti <b>12:00-12:45p Zen-to-Go</b> <b>6:00-6:45p Zen-to-Go</b>  7:00-8:15p YOGA - Andy	<b>13</b>     <b>6-9p Infused Recovery – Bryan</b>	<b>14</b> <b>9a-12p Infused Recovery – Bryan</b> 10:00-12:30p Reiki Treatments -RKF 2:00-4p Hemi-Sync Meditation - Luis 5:00-9p Native Flute Circle
<b>15</b> <b>5-7p AWAKENING HEART</b> (this is our large main Meditation service)  7:30-9:30pm Shamanic Journey Circle - Dorayne	<b>16</b> <b>12:00-12:45p Zen-to-Go</b> 2:00-3:15p YOGA - Andy 6:00p TAI CHI - Janna 6:30p PILATES – Karina 7:00 – UA Meeting 7:30p QIGONG – Jyoti 7:30-9p Yoga/Med -Kamal	<b>17</b> ● <b>9a-12p Infused Recovery – Bryan</b>  <b>12:00-12:45p Zen-to-Go</b>  <b>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</b> 7:30p Chakra Med. - Jyoti	<b>18</b> 9:00a TAI CHI - Janna <b>12:00-12:45p Zen-to-Go</b> 2:00-3:15p YOGA - Andy 6:00p GentleYOGA -Roya <b>6-9p Infused Recovery – Bryan</b> <b>7-9p Thich Nhat Hanh</b> 7:30 Osho Med - Ana	<b>19</b> <b>9a-12p Infused Recovery – Bryan</b>  <b>12:00-12:45p Zen-to-Go</b>  <b>6:00-6:45p Zen-to-Go</b> 7:00-8:15p YOGA - Andy 7-9p BUDDHISM – Tashi	<b>20</b>   <b>6-9p Infused Recovery – Bryan</b> <b>8-10p Winter Solstice Eve - Brother ChiSing @Center for Spiritual Living</b>	<b>21</b> <b>9a-12p Recovery – Bryan</b> 10-11:30a Yoga, Breath & Sound - Andy, Jodi, Niko  <b>2-5pm Free Solstice Meditation Retreat- Br. ChiSing</b> 7:30-9p Channeling "Jacob" - Bobbie
<b>22</b> 2:30p Meditación español  <b>5-7p AWAKENING HEART</b> (this is our large main Meditation service)  7:30-9p TaKeTiNa Practice - Michael	<b>23</b> <b>12:00-12:45p Zen-to-Go</b> 2:00-3:15p YOGA - Andy 6:00p TAI CHI – Janna 6:30p PILATES – Karina 7:00 – UA Meeting	<b>24</b>  <b>Office Closed</b>  <b>BREATHE, MY DEAR</b>	<b>25</b>  <b>HAPPY CHRISTMAS</b>	<b>26</b> <i>Kwanzaa ...</i> <b>OFFICE CLOSED</b>  2:00-3:30p Pause Between Breaths – Jodi  7-9pm Way of the Bodhisattva - Tashi	<b>27</b>     <b>6-9p Infused Recovery – Bryan</b>	<b>28</b> <b>9a-12p Infused Recovery – Bryan</b>  2:00-4p Deep Relaxation Meditation & Music– Cornell & Martin
<b>29</b> 2:30p Meditación español  <b>5-7p AWAKENING HEART</b> (this is our large main Meditation service)	<b>30</b> <b>12:00-12:45p Zen-to-Go</b> 2:00-3:15p YOGA - Andy 6:00p TAI CHI - Janna 6:30p PILATES – Karina 7:00 – UA Meeting	<b>31</b> 7:00-9p <b>New Year's Eve</b> Purification Ceremony & Celebration– Tashi, Bobbie & David	<b>1</b>  <b>HAPPY NEW YEAR</b>			