


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm</p>	<p>Director: Brother ChiSing</p> <p>Assistant: Bobbie Perkins</p> <p>Communications: Cornell Kinderknecht</p>		<p>1 ●</p> <p>Happy New Year</p> <p>2-5pm Free “New Year” Retreat – Br. ChiSing</p>	<p>2</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>7-9p Way of the Bodhisattva - Tashi</p>	<p>3</p> <p>7:00p Drum Circle - Dorayne</p>	<p>4</p> <p>9:00a-12:30p Yoga & Meditation Retreat – Brother ChiSing & Andy</p> <p>11:15a - 12:00p Pilates – Karina</p> <p>2:00-6:00p Workshop: BEGINNERS Meditation – Brother ChiSing</p>
<p>5</p> <p>2:30p <i>Meditación español – Tashi</i></p> <p>5-7p AWAKENING HEART (this is our large main Meditation service)</p>	<p>6</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>7:00 – UA Meeting</p> <p>7:30-9p Meditation – Br. ChiSing</p>	<p>7</p> <p>12:00-12:45p Zen-to-Go</p> <p>7-9p YOUNG ADULTS (20’s & 30’s) Meditation</p>	<p>8</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>7-9p InterBeing Sangha</p> <p>7:30-8:40p <i>Active Meditation - Ana</i></p>	<p>9</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>7-9p Bodhisattva –Tashi</p>	<p>10</p> <p>5:00-9:00p Flute Circle</p>	<p>11</p> <p>10:00a-12:30p REIKI</p> <p>11:15a Pilates – Karina</p>
<p>12</p> <p>2:30p <i>Meditación español – Tashi</i></p> <p>5-7p AWAKENING HEART (this is our large main Meditation service)</p> <p>7:30-9:30pm Shamanic Journey Circle - Dorayne</p>	<p>13</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>7:00 – UA Meeting</p> <p>7:30-9pm Movement Ritual/Med. - Ana</p>	<p>14</p> <p>12:00-12:45p Zen-to-Go</p> <p>7:30p Beginner Native Flute Class – Cornell</p> <p>7-9p YOUNG ADULTS (20’s & 30’s) Meditation</p>	<p>15</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>7-9p InterBeing Sangha</p> <p>7:30-8:40p <i>Active Meditation - Ana</i></p>	<p>16 ○</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>7-9p Bodhisattva –Tashi</p>	<p>17</p> <p>7:30-9:00pm Gong Blessing - Jodi</p>	<p>18</p> <p>11:15a Pilates –Karina</p> <p>2 – 4:30p Hemi-Sync Meditation - Luis</p> <p>7:30-9p Channeling “Jacob” – Bobbie</p>
<p>19</p> <p>2:30-4:45p Ayurvedic Cooking Class – Tzivia</p> <p>2:30p <i>Meditación español – Tashi</i></p> <p>5-7p AWAKENING HEART (this is our large main Meditation service)</p> <p>7p Community Potluck</p>	<p>20</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>7:00 – UA Meeting</p> <p>7:30-9pm Movement Ritual/Med. – Ana</p>	<p>21</p> <p>12:00-12:45p Zen-to-Go</p> <p>7-9p YOUNG ADULTS (20’s & 30’s) Meditation</p> <p>7:30p Chakra Med. - Jyoti</p> <p>7:30p Beginner Native Flute Class – Cornell</p>	<p>22</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>7-9p InterBeing Sangha</p> <p>7:30-8:40p <i>Active Meditation – Ana</i></p>	<p>23</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>7-9p Bodhisattva –Tashi</p>	<p>24</p> <p>5:30-10:00p Diamond Approach</p>	<p>25</p> <p>10am - 10pm Diamond Approach</p> <p>11:15a – 12:00p Pilates – Karina</p>
<p>26</p> <p>9a-4p Diamond Approach</p> <p>2:30p <i>Meditación español</i></p> <p>5-7p AWAKENING HEART (this is our large main Meditation service)</p> <p>7:30-9p TaKeTiNa -Michael</p>	<p>27</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>7:00 – UA Meeting</p> <p>7:30-9pm Movement Ritual/Med. - Ana</p>	<p>28</p> <p>12:00-12:45p Zen-to-Go</p> <p>7-9p YOUNG ADULTS (20’s & 30’s) Meditation</p> <p>7:30p Chakra Med. - Jyoti</p> <p>7:30p Beginner Native Flute Class – Cornell</p>	<p>29</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>7-9p InterBeing Sangha</p> <p>7:30-8:40p <i>Active Meditation - Ana</i></p>	<p>30 ●</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>7-9p Bodhisattva –Tashi</p>	<p>31</p>	<p>Feb 1</p> <p>9:00a-12:30p Yoga & Meditation Retreat – Brother ChiSing & Andy</p> <p>11:15a - 12:00p Pilates – Karina</p> <p>2:00-6:00p Workshop: BEGINNERS Meditation – Brother ChiSing</p>