


# DALLAS MEDITATION CENTER

# MARCH 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DMC Office Hours: <b>Mondays – Thursdays</b> 11:00 am - 4:00 pm	<b>Director:</b> Brother ChiSing	<b>Assistant:</b> Bobbie Perkins <b>Communications:</b> Cornell Kinderknecht	<b>ONE DHARMA</b>	<b>"Joyfully Welcome Spring"</b>		<b>1 New Moon</b> 9:00a-12:30p Yoga & Med. Retreat – Andy
<b>2</b> Tibetan Buddhist New Year 2:30-4:45p Meditación español – Tashi 5-7p MahaSangha Awakening Heart Meditation service LOSAR: Ven. Tashi Nyima & Brother ChiSing 7:00 - 8:00p Potluck	<b>3</b> 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA – Andy 6:00p TAI CHI – Janna 7-8:30p – UA Meeting 7:30-9:30pm Happy, Healthy, Whole Series - Br. ChiSing	<b>4</b> 12:00-12:45p Zen-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation 7:30p Chakra Breathing Meditation Series - Jyoti	<b>5</b> 9:00a TAI CHI – Janna 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA – Andy 6:00-7:15P YOGA - Roya 7-9p InterBeing Sangha	<b>6</b> 12:00-12:45p Zen-to-Go 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7-9p Stages of the Buddhist Path –Tashi	<b>7</b> 7:00p Drum Circle (1st Friday) - Dorayne	<b>8</b> 10:00a-12:30p Reiki Treatments -RKF 1-5p Half Day Retreat - Brother ChiSing 5:00-9:00p Flute Circle
<b>9 Daylight Savings</b> 2:30-4:45p Meditación español – Tashi 5-6:30p Awakening Heart Meditation service Brother ChiSing 7P *ALL Sangha Council Meeting	<b>10</b> 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA – Andy 6:00p TAI CHI – Janna 7-8:30p – UA Meeting 7:30-9:30pm Happy, Healthy, Whole Series - Janna & Roya	<b>11</b> 12:00-12:45p Zen-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation 7:30p Chakra Breathing Meditation - Jyoti	<b>12</b> 9:00a TAI CHI – Janna 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA – Andy 6:00-7:15P YOGA - Roya 7-9p InterBeing Sangha	<b>13</b> 12:00-12:45p Zen-to-Go 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7-9p Stages of the Buddhist Path –Tashi	<b>14</b>	<b>15</b> 10a-2p Encuentro con tu Angeles - Dr. Liliana Bocanegra 2:30-5:00p Hemi-Sync Meditation - Luis 7:30-9:00p Channeling "Jacob" - Bobbie
<b>16 Full Moon</b> 2:30-4:45p Meditación español – Tashi 5-7p Awakening Heart Meditation service -Terry Cortes-Vega	<b>17 St. Patrick's Day</b> 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA – Andy 6:00p TAI CHI – Janna 7-8:30p – UA Meeting 7:30-9:30pm Happy, Healthy, Whole Series - Br. ChiSing	<b>18</b> 12:00-12:45p Zen-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation 7:30p Chakra Breathing Meditation - Jyoti	<b>19</b> 9:00a TAI CHI – Janna 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA – Andy 6:00-7:15P YOGA - Roya 7-9p InterBeing Sangha	<b>20 Vernal Equinox</b> 12:00-12:45p Zen-to-Go 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7-9p Stages of the Buddhist Path –Tashi	<b>21</b> 7:30-9:00pm Lotus Assembly -Tashi	<b>22</b> 10a-12:30p Zentangle - Brandi Cooper
<b>23</b> 2:30-4:45p Meditación español – Tashi 5-7p Awakening Heart Meditation service "The Universal Spirit of Love" - Karen Romestan 7:30-9p TakeTiNa (4th Sundays) -Michael	<b>24</b> 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA – Andy 6:00p TAI CHI – Janna 7-8:30p – UA Meeting	<b>25</b> 12:00-12:45p Zen-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation 7:30p Chakra Breathing Meditation - Jyoti	<b>26</b> 9:00a TAI CHI – Janna 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA – Andy 6:00-7:15P YOGA - Roya 7-9p InterBeing Sangha	<b>27</b> 12:00-12:45p Zen-to-Go 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7-9p Stages of the Buddhist Path –Tashi	<b>28</b> 7-10p Dances for Universal	<b>29</b>
<b>30 New Moon</b> 2:30-4:45p Meditación español – Tashi 5-7p Awakening Heart Meditation service "The ZEN of Compassion" - Helen Cortes 7:30-9:30pm Shamanic Journey Circle – Dorayne	<b>31</b> 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA – Andy 6:00p TAI CHI – Janna 7-8:30p – UA Meeting	<b>DALLAS MEDITATION CENTER   727 S. Floyd Rd., Richardson, TX 75080.</b> Please subscribe to our Newsletter & Like Facebook for the most updated Special events: <a href="https://www.facebook.com/DallasMeditationCenter">Facebook.com/DallasMeditationCenter</a> <a href="mailto:Info@DallasMeditationCenter.com">Info@DallasMeditationCenter.com</a>   (972) 432-7871   <a href="http://www.DallasMeditationCenter.com">www.DallasMeditationCenter.com</a> Office Studio Space for Lease at the DMC. <span style="float: right;">PLEASE CONTACT US FOR A TOUR</span>				