


# DALLAS MEDITATION CENTER | ONE DHARMA

# June 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 2:30-4:45p - Meditación ESPANOL - Tashi 5-7p AWAKENING HEART Meditation service Cornell Kinderknecht & Bobbie Perkins - "Creativity as Spiritual Practice"	<b>2</b> 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:30-9p MINDFUL Mondays	<b>3</b> 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Roya 7:00-9:00p YOUNG ADULTS (20's & 30's) Meditation	<b>4</b> 9:00-10:00a TAI CHI all levels 10-11a TAI CHI adv. - Janna 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 7:30-8:30p INSPIRED Meditation - Jyoti 7:30-9:00p INTERBEING Sangha	<b>5</b> 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy 7:00-9:00p BUDDHIST Studies - Tashi	<b>6</b> 7:00p DRUM Circle - Dorayne	<b>7</b> 9:00a-12:30p YOGA & MEDITATION Retreat 6:00-7:30p Crystal Bowl-Healing Meditation-Bryan
<b>8</b> 2:30-4:45p - Meditación ESPANOL - Tashi 5-7p AWAKENING HEART Meditation service Tashi Nyima 7:30-9:30p Shamanic Journey Circle - Dorayne	<b>9</b> 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:30-9p MINDFUL Mondays	<b>10</b> 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Roya 7:00-9:00p YOUNG ADULTS (20's & 30's) Meditation	<b>11</b> 9:00-10:00a TAI CHI all levels 10-11a TAI CHI adv. - Janna 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 7:30-8:30p INSPIRED Meditation - Jyoti 7:30-9:00p INTERBEING Sangha	<b>12</b> 12:00-12:45p ZEN-to-Go 1-4p MKZC welcomes Ursuline students 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy 7:00-9:00p BUDDHIST Studies - Tashi	<b>13</b> <i>Full Moon</i> 6:00-8:00p CLEARING & RELEASING - Lona & Tricia 7:30p Crystal Bowl & Digeridoo Meditation - Bryan	<b>14</b> 10:00a-12:30p REIKI 12-4p Access ENERGETIC FACELIFT - Lona & Tricia 5-9p FLUTE CIRCLE
<b>15</b> <i>Father's Day</i> 2:30-4:45p - Meditación ESPANOL - Tashi 5-7p AWAKENING HEART Meditation service - Br. ChiSing - "The Three Bodies of the Buddha and the Seven Bodies of Human Beings"	<b>16</b> 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:00-9:00p BARs Gifting & Receiving - Lona & Tricia 7:30-9p MINDFUL Mondays	<b>17</b> 9:30-10:15a YOGA for Emotional Health-Tzivia 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Roya 7:00-9:00p YOUNG ADULTS (20's & 30's) Meditation	<b>18</b> 9:00-10:00a TAI CHI all levels 10-11a TAI CHI adv. - Janna 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 7:30-8:30p INSPIRED Meditation - Jyoti 7:30-9:00p INTERBEING Sangha	<b>19</b> 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy 7-9p Talk to the Animals BOOK CLUB - Lona & Tricia 7:00-9:00p BUDDHIST Studies - Tashi	<b>20</b> 9:30-10:15a YOGA for Emotional Health-Tzivia Your Event Could Go Here 7:30-9p Lotus HEALING Assembly -Tashi	<b>21</b> <i>Summer Solstice</i> 9:30-11:30a PLANETARY Dance @ Cottonwood Park 11:30a-1p Picnic Lunch @ Cottonwood Park 2-5p RETREAT & Satsang with Br. Chising 7-8:30p KIRTAN chanting - Rudra Das
<b>22</b> 2:30-4:45p - Meditación ESPANOL - Tashi 5-7p AWAKENING HEART Meditation service - Br. Chising & Ruben Habito "The Way of Zen for Today" 7:30-9p TaKeTiNa (4th Sundays) -Michael	<b>23</b> 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:30-9p MINDFUL Mondays	<b>24</b> 9:30-10:15a YOGA for Emotional Health-Tzivia 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Roya 7:00-9:00p YOUNG ADULTS (20's & 30's) Meditation	<b>25</b> 9:00-10:00a TAI CHI all levels 10-11a TAI CHI adv. - Janna 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 7:30-8:30p INSPIRED - Jyoti 7:30-9:00p INTERBEING Sangha	<b>26</b> 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy 7:00-9:00p BUDDHIST Studies - Tashi	<b>27</b> <i>New Moon</i> 9:30-10:15a YOGA for Emotional Health-Tzivia Your Event Could Go Here 7:30-9:00pm Crystal BOWL Healing Meditation - Brian	<b>28</b> Your Event Could Go Here 2:30-5:00p HEMI-SYNC Meditation - Luis 7:30-9p CHANNELING "Jacob" - Bobbie
<b>29</b> 2:30-4:45p - Meditación ESPANOL - Tashi 5-7p AWAKENING HEART Meditation service - Brother ChiSing "Holistic Health" & ALLSangha MEETING	<b>30</b> 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:30-9p MINDFUL Mondays	<b>1</b> 9:30-10:15 YOGA - Tzivia 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Roya 7:00-9:00p YOUNG ADULTS (20's & 30's) Meditation	<b>2</b> 9:00-11:00a TAI CHI 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 7:30-8:30p INSPIRED - Jyoti 7:30-9:00p INTERBEING Sangha		Director: Brother ChiSing Manager: Bobbie Perkins Communicatoins: Cornell Kinderknecht	DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm 727 S. Floyd Rd., Richardson, TX 75080 DallasMeditationCenter.com