


DALLAS MEDITATION CENTER (One Dharma)

AUGUST 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | | 1 7:00p DRUM Circle - Dorayne | 2 |
| 3 2:30-4:45p - Meditación ESPANOL - Tashi 5:00-7:00p AWAKENING HEART Meditation service Ven. Tashi Nyima (Buddhist monk) | 4 12-12:45 ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 6:15 SloMo YOGA - Tziviva 7:30-8:30p QIGONG - Janna 7:30 Chair YOGA- Tziviva 7:30-9p MINDFUL Mondays -Move Meditation | 5 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Roya 7:00-9:00p BARs Gifting & Receiving - Lona & Tricia 7-9p YOUNG ADULTS (20's & 30's) Meditation | 5 9:00-10:00a TAI CHI 9:30-10:30a Seated YOGA 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 | 7 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 7:00-9:00p BUDDHIST Studies - Tashi | 8 9:30-10:15a YOGA for Emotional Health - Tziviva 7:30-9:00p Bowls/Digeredoo Meditation - Bryan & Josh | 9 9a-12:30p YOGA & MEDITATION Retreat - Andy 10:00a-12:30p REIKI healing 4:00-6:30p "Radical Reflexology" -Tziviva 5-9p FLUTE CIRCLE |
| 10 <i>Full Moon</i> 9:30a-5:30p ACCESS BARS - Lona 2:30-4:45p Meditación ESPANOL - Tashi 5:00-7:00p AWAKENING HEART Meditation service Br. ChiSing - (Spiritual Director, Interfaith Buddhist) "Triple Holistic Health" | 11 12-12:45 ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 6:15 SloMo YOGA - Tziviva 7:30-8:30p QIGONG - Janna 7:30 Chair YOGA- Tziviva 7:30-9p MINDFUL Mondays -Move Meditation | 12 9:30-10:15a YOGA -Tziviva 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Roya 4:00-9:00p Access BARs FREE event - Lona 7-9p YOUNG ADULTS (20's & 30's) Meditation | 13 9:00-10:00a TAI CHI 9:30-10:30a Seated YOGA 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 | 14 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 | 15 7:30-9p Lotus HEALING Assembly - Tashi | 16 2-6p BEGINNERS Med. - Bobbie Perkins 6:30-8:00p Crystal Bowl Meditation - Bryan |
| 17 2:30-4:45p Meditación ESPANOL - Tashi 5:00-7:00p AWAKENING HEART Meditation service Br. ChiSing - (Spiritual Director, Interfaith Buddhist) "Triple Holistic Health" 7:30-9:30p Shamanic Journey Circle - Dorayne | 18 12-12:45 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 -Move Meditation | 19 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Roya 7-9p YOUNG ADULTS (20's & 30's) Meditation | 20 9:00-10:00a TAI CHI 9:30-10:30a Seated YOGA 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 | 21 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 | 22 9:30-10:15a YOGA for Emotional Health - Tziviva <i>Your Event Could Go Here</i> | 23 2-3:30p Music Meditation & Healing Concert - Cornell & Martin <i>Your Event Could go Here</i> |
| 24 2:30-4:45p Meditación ESPANOL - Tashi 5:00-7:00p AWAKENING HEART Meditation service Terry Cortes-Vega (Thich Nhat Hanh Dharma Teacher) "who am i?" 7:30-9p TaKeTiNa - Michael | 25 <i>New Moon</i> 12-12:45 ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 6:15 SloMo YOGA - Tziviva 7:30-8:30p QIGONG - Janna 7:30 Chair YOGA- Tziviva 7:30-9p MINDFUL Mondays -Move Meditation | 26 7:30-8:30 Meditation - Vanessa 9:30-10:15a YOGA -Tziviva 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Roya 7-9p YOUNG ADULTS (20's & 30's) Meditation | 27 7:30-8:30 Meditation - Vanessa 9:00-10:00a TAI CHI 9:30-10:30a Seated YOGA 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 | 28 7:30-8:30 Meditation - Vanessa 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 7:00-9:00p "Money Isn't the Problem..." BOOK Club | 29 9:30-10:15a YOGA for Emotional Health - Tziviva <i>Your Event Could go Here</i> 7:30-9:00p Bowls/Digeredoo Meditation-Bryan & Josh | 30 <i>Your Event Could go Here</i> |
| 31 2:30-4:45p Meditación ESPANOL - Tashi 5-7p Awakening Heart Meditation service - Ven. Tashi Nyima (Buddhist monk) - "Q&A with Tashi" 7:30-8:30p DINNER talk - June |  | | 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 www.dallasmeditationcenter.com (972) 432-7871 | |