


# DALLAS MEDITATION CENTER (One Dharma)

# OCTOBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>DMC Office Hours:</b> Mondays – Thursdays 11:00 am - 4:00 pm</p> <p><b>(972) 432-7871</b></p>	<p>Director: Brother ChiSing</p> <p>Manager: Bobbie Perkins</p> <p>Communicatoins: Cornell Kinderknecht</p> <p>DallasMeditationCenter.com</p>		<p><b>1</b></p> <p>12:00-12:45p ZEN-to-Go</p> <p>2:00 - 3:15p YOGA - Andy</p> <p>7:30-9:00p INTERBEING Sangha</p>	<p><b>2</b></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>7:00-9:00p Stages of the Buddhist Path - Tashi Nyima</p>	<p><b>3</b></p> <p>7:00p DRUM Circle - Dorayne</p>	<p><b>4</b></p> <p>9:00a-12:30p YOGA &amp; MEDITATION Retreat</p> <p>2:00-5:30p BEGINNERS Meditation workshop</p>
<p><b>5</b></p> <p>12:30-2:00p Crystal Bowl Meditation - Bryan</p> <p>2:30-5:00p Sangha del Loto - Tashi Nyima</p> <p><b>5:00-7:00p AWAKENING HEART Meditation service - Bobbie Perkins - Buddha's Essential Teachings: The Two Truths</b></p>	<p><b>6</b></p> <p>12-12:45p ZEN-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00-7:00p TAI CHI - Janna</p> <p>6:15 SloMo YOGA - Tzivia</p> <p>7:30-8:30p QIGONG - Janna</p>	<p><b>7</b></p> <p>12:00-12:45p ZEN-to-Go</p> <p>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p>	<p><b>8 Full Moon</b></p> <p>9:00-10:00a TAI CHI</p> <p>12:00-12:45p ZEN-to-Go</p> <p>2:00 - 3:15p YOGA - Andy</p> <p>7:30-9:00p INTERBEING Sangha</p>	<p><b>9</b></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>7:00-9:00p Stages of the Buddhist Path - Tashi Nyima</p>	<p><b>10</b></p> <p>7:30-9p Crystal Bowl/Didgeroo Meditation - Bryan &amp; Josh</p>	<p><b>11</b></p> <p>10:00a-12:30p REIKI</p> <p><a href="#">Your Event Could go Here</a></p> <p>5-9p FLUTE Circle</p>
<p><b>12</b></p> <p>12:30-2:00p Crystal Bowl Meditation - Bryan</p> <p>2:30-5:00p Sangha del Loto - Tashi Nyima</p> <p><b>5:00-7:00p AWAKENING HEART Meditation service - Br. ChiSing Buddha's Essential Teachings</b></p>	<p><b>13 Columbus Day</b></p> <p>12-12:45p ZEN-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00-7:00p TAI CHI - Janna</p> <p>6:15 SloMo YOGA - Tzivia</p> <p>7:30-8:30p QIGONG - Janna</p>	<p><b>14</b></p> <p>12:00-12:45p ZEN-to-Go</p> <p>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p>	<p><b>15</b></p> <p>9:00-10:00a TAI CHI</p> <p>12:00-12:45p ZEN-to-Go</p> <p>2:00 - 3:15p YOGA - Andy</p> <p>7:30-9:00p INTERBEING Sangha</p>	<p><b>16</b></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>7:00-9:00p Stages of the Buddhist Path - Tashi Nyima</p>	<p><b>17</b></p> <p>7:30-9p Healing and Memorial Service - Tashi Nyima</p>	<p><b>18</b></p> <p>1:00-2:00p MIND Patterns - June Roca</p> <p>2-3:30p DRAWING Out Your Soul - Pete Taboada</p> <p>2:30-5:00p HEMI-SYNC Meditation - Luis</p> <p>4:00-6:00p Radical Reflexology hands on edu. - Tzivia</p> <p>6:00-7:00pm Yoga ReflexAsana Class</p>
<p><b>19</b></p> <p>12:30-2:00p Crystal Bowl Meditation - Bryan</p> <p>2:30-5:00p Sangha del Loto - Tashi Nyima</p> <p><b>5:00-7:00p AWAKENING HEART Meditation service -Br. ChiSing, Terry Cortes-Vega: Buddha's Essential Teachings &amp; Potluck</b></p> <p>7:30-9:30p Shamanic Journey Circle - Dorayne</p>	<p><b>20</b></p> <p>12-12:45p ZEN-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00-7:00p TAI CHI - Janna</p> <p>6:15 SloMo YOGA - Tzivia</p> <p>7:30-8:30p QIGONG - Janna</p>	<p><b>21</b></p> <p>12:00-12:45p ZEN-to-Go</p> <p>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p>	<p><b>22</b></p> <p>9:00-10:00a TAI CHI</p> <p>12:00-12:45p ZEN-to-Go</p> <p>2:00 - 3:15p YOGA - Andy</p> <p>7:30-9:00p INTERBEING Sangha</p>	<p><b>23 New Moon</b></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>7:00-9:00p Stages of the Buddhist Path - Tashi Nyima</p>	<p><b>24</b></p> <p>12 - 5:00p TRINITY Energy Class - Sandy</p> <p>7:30-9p CHANNELING "Jacob" - Bobbie</p>	<p><b>25</b></p> <p>9:30a-5:00p TRINITY Energy Class - Sandy</p> <p>6:30-8:00p Crystal Bowl Meditation - Bryan</p>
<p><b>26</b></p> <p>9:30- 3:30p TRINITY Energy Class - Sandy</p> <p>2:30-5:00p Sangha del Loto - Tashi Nyima</p> <p><b>5:00-7:00p AWAKENING HEART Meditation service -Helen Cortes &amp; Robin Hackett : Buddha's Essential Teachings</b></p> <p>7:30-9p TaKeTiNa - Michael</p>	<p><b>27</b></p> <p>12-12:45p ZEN-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00-7:00p TAI CHI - Janna</p> <p>6:15 SloMo YOGA - Tzivia</p> <p>7:30-8:30p QIGONG - Janna</p> <p>7:30-9:00p Our Sacred EARTH Social Meditation - Ana</p>	<p><b>28</b></p> <p>12:00-12:45p ZEN-to-Go</p> <p>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p> <p>7:30-9:30 Learn the Native American Flute, Level 2 Series</p>	<p><b>29</b></p> <p>9:00-10:00a TAI CHI</p> <p>12:00-12:45p ZEN-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00-7:15 MOVE Meditation - Ana</p> <p>7:30-9:00p INTERBEING Sangha</p>	<p><b>30</b></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>7:00-9:00p Stages of the Buddhist Path - Tashi Nyima</p>	<p><b>31 Halloween</b></p> <p>9:30a-12p - Intro to Effective Mindbody Practices in Recovery - Tzivia</p>	

# -AWAKENING HEART-

October - November 2014

**SPECIAL DMC EVENTS** - please see website for full list and description of all upcoming events

**\*(Pre-Registration Required)\***

- **Yoga & Meditation Retreat with Brother ChiSing and Andy McDonald (9am - 12:30pm) - Saturday, November 1**
- **Beginner's Meditation Workshop with Brother ChiSing and Bobbie Perkins (2:00 - 5:30pm) - Saturday, November 1**

Dallas Meditation Center Relocation **BENEFIT CONCERT:**

## A CELEBRATION OF CHANGE

ONE VOICE, ONE HEART, ONE LIFE

**Saturday, November 15, 2014 @ 7:30PM**

Hosted by **CENTER FOR SPIRITUAL LIVING • Dallas, Texas**

A concert experience featuring Classical, spiritual, popular, and interactive music performances

**GET TICKETS NOW at**

**[WWW.DALLASMEDITATIONCENTER.COM](http://WWW.DALLASMEDITATIONCENTER.COM)**

**\* SUNDAYS (5:00 - 7:00 pm) \***

**ALL ARE WELCOME!**

**"AWAKENING HEART" (Community of Mindful Living)** – Facilitated by Brother ChiSing & others, this Interfaith Buddhist Meditation Community (*inspired by the teachings and practices of Thich Nhat Hanh and other great spiritual teachers*) is our largest main meditation gathering of the week (*40+ persons*) with walking and sitting meditations, kirtan chanting & music, inspiring messages, and community sharing (*open to all levels of meditation experience, both beginners and more experienced meditators*). \*Childcare every Sunday.

**Fall Series Dharma Theme: "Essential Buddhist Teachings for Happiness, Enlightenment and World Peace."**

**November 2** - Speaker: Brother ChiSing (Spiritual Director, Interfaith Buddhist)  
Music: Cornell Kinderknecht and Don Vitsenzos

**November 9** - Speaker: Brother ChiSing (Spiritual Director, Interfaith Buddhist)  
Music: Michael Kenny

**November 16** - Facilitator: Brother ChiSing (Spiritual Director, Interfaith Buddhist)  
Speaker: Terry Cortes-Vega (Dharma Teacher, Thich Nhat Hanh tradition)

**TUESDAYS (7:00 - 9:00 pm)** - **Young Enlightened Souls (YES)** - A meditation/study group of young adults (20s and 30s) who come together to support one another on the path to Awakening through walking and sitting meditation, study and discussion. Facilitated by trained YES members and invited guests.  
*suggested donation: \$10-\$25*

**WEDNESDAYS (7:30 - 9:00 pm)** - **Interbeing Sangha** - Facilitated by Bobbie Perkins and other trained sangha facilitators. A meditation group practicing and studying the teachings of Thich Nhat Hanh. • Two sitting meditations • Walking meditation • Singing/chanting • A dharma talk or study. *suggested donation: \$10-\$25*

**VOLUNTEER OPPORTUNITIES** - The Dallas Meditation Center is a very active place with hundreds of people coming through our doors during the week. Providing a calm, peaceful space makes the DMC an oasis in the midst of an often chaotic world. Many seemingly ordinary tasks are required to create the calm, peaceful oasis we all enjoy. You are invited to help with any of those "ordinary" tasks that you might have time to do during the week. Just come to the DMC during office hours and Bobbie will show you what to do. Office hours are Monday - Thursday, 11:00am - 4:00pm. You can also call 972-432-7871 if you'd like to schedule a time outside of office hours. Thank you!

**[WWW.DALLASMEDITATIONCENTER.COM](http://WWW.DALLASMEDITATIONCENTER.COM)**