

# DALLAS MEDITATION CENTER (One Dharma)

# JANUARY 2015

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  |
|--|--|--|---|--|--|---|
| <p><b>DMC Office Hours:</b><br/> <b>Mondays – Thursdays</b><br/>                     11:00 am - 4:00 pm<br/>                     (972) 432-7871</p> <p><a href="http://DallasMeditationCenter.com">DallasMeditationCenter.com</a></p>                      | <p>Director: Brother ChiSing<br/>                     Manager: Bobbie Perkins<br/>                     Communicatoins: Cornell Kinderknecht</p>  |   | <p><b>BEGINNING ANEW</b></p>  | <p><b>1 New Year's Day</b><br/><br/>                     OFFICE is CLOSED</p>  | <p><b>2</b><br/><br/>                     7:00p DRUM Circle - Dorayne</p>  | <p><b>3</b><br/>                     9:00a-12:30p YOGA &amp; MEDITATION Retreat</p> <p><a href="#">Your Event Could Go Here</a></p>   |
| <p><b>4 Full Moon</b><br/>                     12:30-2:00p Crystal Bowl Meditation - Bryan</p> <p><b>5-7p AWAKENING HEART</b> (our main Meditation service) Bobbie Perkins "Buddha's Prescription for Happiness"</p>                                       | <p><b>5</b><br/>                     12:00-12:45p ZEN-to-Go<br/>                     2:00-3:15p YOGA - Andy<br/>                     6:00-7:00p TAI CHI - Janna<br/>                     7:30-8:30p QIGONG -Janna<br/>                     6:00 - 7:15p YOGA - Tzivia<br/>                     7:30-8:45p YOGA for Therapists - Tzivia</p>               | <p><b>6</b><br/>                     12:00-12:45p ZEN-to-Go<br/><br/>                     7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p>           | <p><b>7</b><br/>                     9:00-10:00a TAI CHI - Janna<br/>                     12:00-12:45p ZEN-to-Go<br/>                     2:00-3:15p YOGA - Andy<br/>                     7:30-9:00p INTERBEING Meditation Sangha - Bobbie</p>  | <p><b>8</b><br/>                     12:00-12:45p ZEN-to-Go<br/>                     6:00-6:45p ZEN-to-Go<br/>                     7:00-8:15p YOGA - Andy</p>  | <p><b>9</b><br/>                     7:30-8:30p Awakening to Awareness - June<br/>                     7:30-9:00p Osho DYNAMIC Active Meditation - Ana</p> | <p><b>10</b><br/>                     10:00a-12:30p REIKI<br/>                     10a-12 Touching the Earth - Cornell &amp; Bobbie<br/>                     1:00-4:00p TaKeTiNa - Michael<br/>                     5-9p FLUTE CIRCLE</p> |
| <p><b>11</b><br/>                     12:30-2:00p Crystal Bowl Meditation - Bryan</p> <p><b>5-7p AWAKENING HEART</b> (our main Meditation service) Julie Ryan "Dharma to Transform Climate Change"</p> <p>7:30-9:00p TaKeTiNa - Michael</p>                | <p><b>12</b><br/>                     12:00-12:45p ZEN-to-Go<br/>                     2:00-3:15p YOGA - Andy<br/>                     6:00-7:00p TAI CHI - Janna<br/>                     7:30-8:30p QIGONG - Janna<br/>                     6:00 - 7:15p YOGA - Tzivia<br/>                     7:30-8:45p YOGA for Therapists - Tzivia</p>             | <p><b>13</b><br/>                     12:00-12:45p ZEN-to-Go<br/><br/>                     7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p>          | <p><b>14</b><br/>                     9:00-10:00a TAI CHI - Janna<br/>                     12:00-12:45p ZEN-to-Go<br/>                     2:00-3:15p YOGA - Andy<br/>                     7:30-9:00p INTERBEING Meditation Sangha - Bobbie</p> | <p><b>15</b><br/>                     12:00-12:45p ZEN-to-Go<br/>                     6:00-6:45p ZEN-to-Go<br/>                     7:00-8:15p YOGA - Andy<br/>                     7:00-9:00p Self-Attunement - Tzivia &amp; Noel</p> | <p><b>16</b><br/><br/> <a href="#">Your Event Could Go Here</a></p>  | <p><b>17</b><br/>                     2:30-5:00p HEMI-SYNC Meditation - Luis<br/> <a href="#">Your Event Could Go Here</a></p>  |
| <p><b>18</b><br/>                     12:30-2:00p Crystal Bowl Meditation - Bryan</p> <p><b>5-7p AWAKENING HEART</b> (our main Meditation service) Terry Cortes-Vega "Teachings on Beginning Anew"</p> <p>7:30-9:30p Shamanic Journey Circle - Dorayne</p> | <p><b>19 ML King Day</b><br/>                     12:00-12:45p ZEN-to-Go<br/>                     2:00-3:15p YOGA - Andy<br/>                     6:00-7:00p TAI CHI - Janna<br/>                     7:30-8:30p QIGONG - Janna<br/>                     6:00 - 7:15p YOGA - Tzivia<br/>                     7:30-8:45p YOGA for Therapists - Tzivia</p> | <p><b>20 New Moon</b><br/>                     12:00-12:45p ZEN-to-Go<br/><br/>                     7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p> | <p><b>21</b><br/>                     9:00-10:00a TAI CHI - Janna<br/>                     12:00-12:45p ZEN-to-Go<br/>                     2:00-3:15p YOGA - Andy<br/>                     7:30-9:00p INTERBEING Meditation Sangha - Bobbie</p> | <p><b>22</b><br/>                     12:00-12:45p ZEN-to-Go<br/>                     6:00-6:45p ZEN-to-Go<br/>                     7:00-8:15p YOGA - Andy</p>   | <p><b>23</b><br/><br/>                     7:30-9p CHANNELING "Jacob" - Bobbie</p>   | <p><b>24</b><br/><br/> <a href="#">Your Event Could Go Here</a></p>   |
| <p><b>25</b><br/><br/> <b>5-7p AWAKENING HEART</b> (our main Meditation service) Helen Cortez "The Three Powers of Zen"</p> <p>7:30-9:00p TaKeTiNa - Michael</p>   | <p><b>26</b><br/>                     12-12:45 ZEN-to-Go<br/>                     2:00-3:15p YOGA - Andy<br/>                     6:00-7:00p TAI CHI - Janna<br/>                     7:30-8:30p QIGONG - Janna<br/>                     6:00 - 7:15p YOGA - Tzivia<br/>                     7:30-8:45p YOGA for Therapists - Tzivia</p>                 | <p><b>27</b><br/>                     12:00-12:45p ZEN-to-Go<br/><br/>                     7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p>          | <p><b>28</b><br/>                     9:00-10:00a TAI CHI - Janna<br/>                     12:00-12:45p ZEN-to-Go<br/>                     2:00-3:15p YOGA - Andy<br/>                     7:30-9:00p INTERBEING Meditation Sangha - Bobbie</p> | <p><b>29</b><br/>                     12:00-12:45p ZEN-to-Go<br/>                     6:00-6:45p ZEN-to-Go<br/>                     7:00-8:15p YOGA - Andy</p>   | <p><b>30</b><br/><br/> <a href="#">Your Event Could Go Here</a></p>  | <p><b>31</b><br/><br/> <a href="#">Your Event Could Go Here</a></p>   |

# -AWAKENING HEART-

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



**Christian Meditation with Br. ChiSing** - Monday, February 2, 2015 7:30 - 9:00 pm

- **Yoga and Meditation Retreat** with Andy McDonald – Saturday, January 3, 2015  
9:00am-12:30pm
- **Beginner's Meditation Workshop** with Bobbie Perkins - Saturday, February 7, 2015  
2:00-5:30pm
- **"Angels, Guides and Bodhisattvas"** with Br. ChiSing - Mondays, February 9, 16, 23, and March 9, 16, 2015 7:30-9:30pm
- **Lunar New Year Celebration** - February 20 - 22, 2015 weekend - collaborating with the Center for Spiritual Living

**\* 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.

**January theme: "BEGINNING ANEW."**

**January 18** - Topic: "Living Compassion" Speaker: Terry Cortes-Vega (TNH dharma teacher)

**January 25** - Topic: "Mindful Healing" Speaker: Brother ChiSing (Spiritual Director, Interfaith Buddhist)

**February theme: SPIRITUAL GUIDANCE.** Speaker: Brother ChiSing (Spiritual Director, Interfaith Buddhist)

**February 1** - Topic: "Angels, Guides, and Bodhisattvas"

**February 8** - Topic: "Spiritual GPS: Guidance Process for the Soul"

**February 15** - Topic: "Soul Scripting: Divine Guidance Write At Your Fingertips"

**February 22** - **LUNAR NEW YEAR (SHEEP)** Topic: "The Practical Power of Positive Peace"

**5 Week Series - February 9, 16, 23 and March 9, 16 (7:30 - 9:30 pm)** - **Angels, Guides and Bodhisattvas:**

**How to Access your Intuition - 5-Week Class** - Facilitated by **Brother ChiSing**. Watch for a full description coming soon to the Dallas Meditation Center website, [www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com). ► **REGISTER for this series online.** \*Series Fee: \$125 + \$25 for books and materials

**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.

**Mindful Yoga for All Levels with Andy McDonald, RYT** MONDAYS & WEDNESDAYS 2:00-3:15pm & THURSDAY evening, 7:00-8:15pm

**Tai Chi for Busy People (Easy Tai Chi) & Qigong with Janna Whitton** MONDAY 6:00-7:00pm, WEDNESDAY 9:00-10:00am & 10:00-11:00am (*advanced class*) / Qigong MONDAY, 7:30-8:30pm

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