


DALLAS MEDITATION CENTER (One Dharma)

APRIL 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm (972) 432-7871 727 S. Floyd Rd., Richardson, TX 75080 DallasMeditationCenter.com</p>	<p>Director: Brother ChiSing Manager: Bobbie Perkins Communications: Cornell Kinderknecht</p>	<p>Mindfulness, Refuge and Earth</p>	<p>1 9:00-10:00a TAI CHI 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 7:30-9:00p INTERBEING Sangha - Bobbie Perkins</p>	<p>2 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy</p>	<p>3 Your Event Could Go Here 7:00p DRUM Circle - Dorayne</p>	<p>4 Full Moon 9:00a-12:30p YOGA & MEDITATION Retreat - Andy</p>
<p>5 Easter 12:30-2p CRYSTAL Bowls - Bryan 5:00-7:00p AWAKENING HEART Meditation service - Cornell "The 5th of the Five Mindfulness Trainings NOURISHMENT & HEALING"</p>	<p>6 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 7:30-9:30 Mindful Monday Meditation - Cornell</p>	<p>7 12:00-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>8 9:00-10:00a TAI CHI 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 7:30-9:00p INTERBEING Sangha - Bobbie Perkins</p>	<p>9 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy</p>	<p>10 Your Event Could Go Here</p>	<p>11 10:00a-12:30p REIKI 1:00-4:00p TaKeTiNa - Michael 5:00-9:00p FLUTE CIRCLE</p>
<p>12 12:30-2p CRYSTAL Bowls - Bryan 5:00-7:00p AWAKENING HEART Meditation service - Brother ChiSing "The 3rd of the 5 Mindfulness Trainings TRUE LOVE" 7:30-9:00p TaKeTiNa - Michael</p>	<p>13 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 7:30-9:30 Mindful Monday Meditation - Cornell</p>	<p>14 12:00-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>15 9:00-10:00a TAI CHI 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 7:30-9:00p INTERBEING Sangha - Bobbie Perkins</p>	<p>16 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy</p>	<p>17 Your Event Could Go Here 7:00-9:00p Mary Magdalene meditation - Sharon Prince</p>	<p>18 New Moon 2:00-4:00P Touching the Earth Cornell & Bobbie 7:30p - Crystal Bowls & Flute Bryan & Cornell</p>
<p>19 12:30-2p CRYSTAL Bowls - Bryan 5:00-7:00p AWAKENING HEART Meditation service - Terry Cortes-Vega "OFFICIAL Transmission CEREMONY for Formally Receiving the Five Mindfulness Trainings" 7:30p Community Potluck</p>	<p>20 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 7:30-9:30 Mindful Monday Meditation - Cornell</p>	<p>21 12:00-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>22 EARTH DAY 9:00-10:00a TAI CHI 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 7:30-9:00p INTERBEING Sangha - Bobbie Perkins</p>	<p>23 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy</p>	<p>24 Your Event Could Go Here 7:30-9p CHANNELING "Jacob" - Bobbie Perkins</p>	<p>25 2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins</p>
<p>26 12:30-2p CRYSTAL Bowls - Bryan 5:00-7:00p AWAKENING HEART Meditation service - to be announced 7:30-9:00p TaKeTiNa - Michael</p>	<p>27 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 7:30-9:30 Mindful Monday Meditation - Cornell</p>	<p>28 12:00-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>29 9:00-10:00a TAI CHI 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 7:30-9:00p INTERBEING Sangha - Bobbie Perkins</p>	<p>30 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy</p>		

APRIL 2015 @ AWAKENING HEART

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

- **Deep Relaxation and Touching the Earth** w/ Bobbie Perkins and Cornell Kinderknecht. - Saturday, April 18, 2015, 2:00-4:00pm
- **Beginner's Meditation Workshop** w/ Bobbie Perkins - Saturday, April 25. 2:00-5:30 pm

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

Free – ALL ARE WELCOME (donations appreciated)

"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 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.

APRIL Theme: "New Earth, New Life"

April 12 - Brother ChiSing (Spiritual Director, Interfaith Buddhist)
Topic: "The 3rd of the Five Mindfulness Trainings - **True Love**"

April 19 - Terry Cortes-Vega (Dharma Teacher - Thich Nhat Hanh),
Bobbie Perkins (Aspirant, Order of Interbeing) & Mark Voza
Official Transmission Ceremony for Formally Receiving the Five Mindfulness Trainings

(application forms are due by April 12)

[Download PDF at www.awakeningheart.org](http://www.awakeningheart.org)

April 19 - *** **Community POTLUCK DINNER after Transmission Ceremony** ***

April 26 - Brother ChiSing (Spiritual Director, Interfaith Buddhist)
Topic: "The Perfectly Imperfect Teachings of Buddha, Jesus, and Everyone Else"



MONDAYS (7:30 - 9:00 pm) - **Mindful Mondays** - Facilitated by Brother ChiSing, Cornell Kinderknecht and others. Walking and sitting meditation, chanting, mindful movement, discussion/sharing. All are welcome. Some previous meditation experience is helpful. During the month of April, we will be studying the book *No Mud, No Lotus* by Thich Nhat Hanh.

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.AWAKENINGHEART.ORG