

# OCTOBER 2010 CALENDAR @ Dallas Meditation Center

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						9:00a-12:30p <b>Beginners Meditation Workshop 9-23-10</b>
<b>10:10a Monthly "Interbeing" Mini-Sangha: 10-10-10</b>	10:00a YOGA w/ Andy	10:00a QIGONG w/ Michael	10:00a YOGA w/ Andy			10:00a QIGONG w/ Michael
	<b>11:30a Lunch Hour MEDITATION</b> <i>(walk/ sit/ share)</i>	<b>11:30a Lunch Hour MEDITATION</b> <i>(walk/ sit/ share)</i>	<b>11:30a Lunch Hour MEDITATION</b> <i>(walk/ sit/ share)</i>			
			<b>12:30p Vegetarian Lunch</b>			
			<b>1:30p DMC Staff Meeting</b>			<b>1:30-5:00p Joy of Mindful Living Retreat 9-23-10</b>
4:00p Mindful Yoga w/ Susan, etc.						
<b>5:00p "Awakening Heart" Meditation &amp; More</b>			6:00p Silent MEDITATION <i>(come &amp; go)</i>			
5:00p GRAND OPENING CELEBRATION! 10-10-10 <i>(dinner @ 7:00 p)</i>	<i>("Mindful Mondays" @ Unity Church in Grapevine 7-9 pm)</i>	<i>("Transforming Tuesdays" @ Unity Center of Light - Plano 7-9 pm)</i>	<b>7:00p GRACE Christian Meditation w/ Shelly</b>			7:00p Kirtan Concert w/ Rudra Das 10-16-10
	7:30p Native Flute Class 2 w/Cornell 10-18-10			7:00p Music as Spiritual Practice w/Shelly & Cornell 10-14, 10-21, 10-28	8:00p Sacred Sounds Music Concert w/ Cornell & Jodi: 10-22-10	<b>7:00p Sound and Meaning Concert 10-23-10</b>

\* items in **BOLD** mean that **Brother ChiSing** will be present or facilitating