

NOVEMBER 2010 CALENDAR



DALLAS MEDITATION CENTER

727 S. Floyd Rd., Richardson, TX 75080 • 972-432-7871 • info@dallasmeditationcenter.com • www.DallasMeditationCenter.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						9:00a-12:30p "Beginners Meditation Class" w/ ChiSing 11-20-10
10:30a-12:30p "Interbeing" Mini-Sangha: 11-21-10	10:00a YOGA w/ Andy	10:00a QIGONG w/ Michael	10:00a YOGA w/ Andy			10:00a QIGONG w/ Michael
	11:30a Noon MEDITATION (walk/ sit/ share)	11:30a Noon MEDITATION (walk/ sit/ share)	11:30a Noon MEDITATION (walk/ sit/ share)			10:00a-4:00p "Winter 5-Element Cuisine Class" w/ Teresa Padilla: 11-6-10
	12:30p Community LUNCH (free!)					
	1:30p DMC Weekly Staff/ Volunteers Meeting					1:30-5:00p "One Dharma" Retreat w/ ChiSing 11-20-10
4:00p Mindful Yoga w/ Susan Rainey etc			6:00p Silent MEDITATION (come & go)			
5:00-7:00p "Awakening Heart" Meditation & More (childcare available)		7:00-9:00p "Introductory Yoga Workshop" w/ Leanne Hall: 11-9-10	7:00-8:30p "Grace" Christian Meditation w/ Shelly Niebuhr	7:00-9:00p "Introductory Yoga Workshop" w/ Andy McDonald: 11-18-10	7:00p "Rebirthing Yourself Through Breath" w/ Silver Ra Baker: 11-5-10	7:00p Kirtan Concert w/ Rudra Das: 11-20-10
5:00p THANKSGIVING CELEBRATION! 11-21-10 (dinner @ 7:00p)					8:00p "Thanksgiving & JOY Concert" w/ Cornell K. 11-26-10	

**7-Week “Zen Practice Period”
The Seven Spiritual Laws of Success
(from Autumn Midpoint to Winter Solstice 2010)**

Sunday, **October 31** (*Halloween Celebration*):
(1) THE ZEN OF PURE POTENTIALITY

Sunday, **November 7**:
(2) The Zen of Giving

Sunday, **November 14**:
(3) THE ZEN OF KARMA

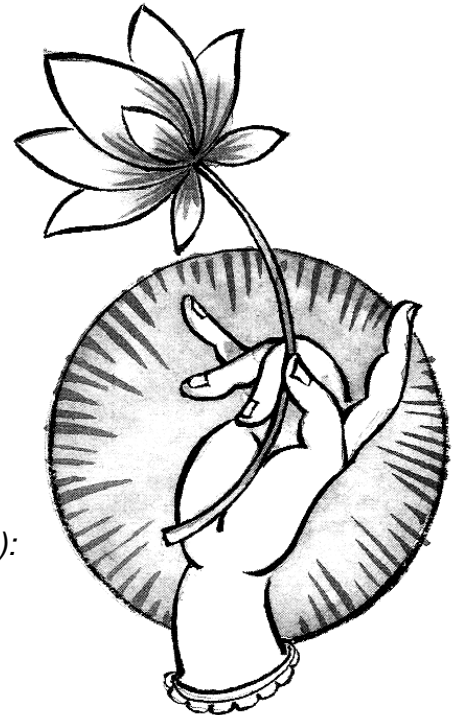
Sunday, **November 21** (*Thanksgiving Celebration*):
(4) THE ZEN OF LEAST EFFORT

(*Sunday, November 28:*
special guest speaker)

Sunday, **December 5** (*Interfaith Buddhist Celebration*):
(5) THE ZEN OF INTENTION & DESIRE

Sunday, **December 12**:
(6) THE ZEN OF DETACHMENT

Sunday, **December 19** (*Winter Solstice Celebration*):
(7) THE ZEN OF DHARMA



Facilitated by Brother ChiSing

**Awakening Heart (Community of Mindful Living)
Every Sunday 5:00-7:00 pm**

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