

JANUARY 2011 CALENDAR



DALLAS MEDITATION CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:00a Yoga w/ Kevin	9:00a-12:30p "ZEN flow" Retreat w/ Brother ChiSing 1-29-11
10:30a-12:30p Deeper Meditation w/ Brother ChiSing 1-30-11	10:00a YOGA w/ Andy	10:00a QIGONG w/ Michael	10:00a YOGA w/ Andy			10:00a QIGONG w/ Michael
	11:30a Noon MEDITATION w/ Brother ChiSing and DMC staff <i>(walk/ sit/ share)</i>	11:30a Noon MEDITATION w/ Brother ChiSing and DMC staff <i>(walk/ sit/ share)</i>	11:30a Noon MEDITATION w/ Brother ChiSing and DMC staff <i>(walk/ sit/ share)</i>			
	12:30p Vegetarian LUNCH w/ Brother ChiSing <i>(free)</i>					2:00-5:30p "Beginners Meditation Class" w/ Brother ChiSing 1-29-11
4:00p Mindful Yoga w/ Susan Rainey						7:00-9:00p Kirtan Chanting w/ Rudra Das 1-15-11
5:00-7:00p "Awakening Heart" Meditation & More w/ Brother ChiSing <i>(childcare available)</i>	7:30-8:45p "Underearners Anonymous" Fellowship Meeting w/ Julie	7:30-9:30p Beginning Native American Flute w/ Cornell 1-18-11 – 2-8-11		7:00-8:15p 4-Week Yoga Fundamentals Series w/ Andy McDonald 1-6-11 – 1-27-11	7:00-9:00p Dances of Universal Peace 1-21-11	8:00p Kirtan Chanting w/ Sadhu Nada 1-22-11
5:00p Community Potluck @ Awakening Heart 1-23-11 <i>(dinner @ 7:00p)</i>		7:00-9:00p Spiritual Music Concert w/ChiSing, Trish & Richard Bruxvoort_Colligan 1-25-11			8:00-9:30p "Sound of Peace" Concert w/Tom Prasada-Rao & Cornell K 1-28-11	7:00-9:00p "Concert of Light" 1-29-11