

FEBRUARY 2011

Awakening Heart & DALLAS MEDITATION CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00a Qigong - Michael 11:30a Meditation - CS	2 10:00a Yoga - Andy 11:30a Meditation - CK	LUNAR NEW YEAR ³ 10:00a Yoga- Kevin 11:30a Meditation - CS 6:00p Meditation- CS 7:00p Yoga - Andy	4 9:00a Yoga - Kevin	5 10:00a Qigong - Michael
6 4:00p Yoga – Susan * 5-7p AWAKENING HEART Sangha- CS	7 10:00a Yoga - Andy 11:30a Meditation - CS	8 10:00a Qigong - Michael 11:30a Meditation - CS	9 10:00a Yoga - Andy 11:30a Meditation - CK	10 10:00a Yoga- Kevin 6:00p Meditation - Andy 7:00p Yoga - Andy	11 9:00a Yoga - Kevin	12 10:00a Qigong- Michael
13 * 5-7p Lunar New Year Celebration @Unity Church of Dallas	14 10:00a Yoga - Andy 11:30a Meditation- CS	15 10:00a Qigong - Michael 11:30a Meditation - CS	16 10:00a Yoga - Andy 11:30a Meditation - CK	17 10:00a Yoga - Kevin 6:00p Meditation - Andy 7:00p Yoga - Andy	18 9:00a Yoga - Kevin 8:00p Music Concert - Cornell Kinderknecht (CK)	19 * 9a-12:30p AMITABHA Retreat -ChiSing (CS) 10:00a Qigong- Michael * 2-5:30p BEGINNERS Meditation Workshop 7:00p Kirtan - Rudra Das
20 10:30a-12:30p DEEPER MEDITATION - ChiSing 4:00p Yoga - Susan * 5-7p AWAKENING HEART Sangha - CS	21 10:00a Yoga - Andy 11:30a Meditation - CS 6:00p Yoga - Andy 7-9p Monday Series #1: "Buddha" - ChiSing	22 10:00a Qigong - Michael 11:30a Meditation - CS	23 10:00a Yoga - Andy 11:30a Meditation - CK	24 10:00a Yoga - Kevin 6:00p Meditation - Andy 7:00p Yoga - Andy	25 9:00a Yoga - Kevin SUFU RETREAT: 7:30p Dances of Universal Peace	26 SUFU RETREAT: 9:30a Sohbet 10:00a Qigong - Michael SUFU RETREAT: 2:00p Turning Class 7:45p Zikr, Chant and Movement
27 SUFU RETREAT: 11:00a Universal Worship Service 4:00p Yoga - Susan * 5-7p AWAKENING HEART Sangha- CS	28 10:00a Yoga - Andy 11:30a Meditation- CS 6:00p Yoga - Andy 7-9p Monday Series #2: "Dharma" - ChiSing					