

DALLAS MEDITATION CENTER

FEBRUARY 2018 – “NO MORE SEPARATION”

LOCATION: 810 W. Arapaho Rd, Suite 98, Richardson, Texas 75080

SUNDAYS 5:00-7:00 PM

Awakening Heart (*Community of Mindful Living*)
Interfaith Buddhist Spirituality (*Thich Nhat Hanh*)
Zen, Mindfulness, Holistic Meditation (*Brother ChiSing*)

Feb 4: “Two Sides of the Same Coin”
Speaker: Terry Cortes-Vega

Feb 11: “Transcend Boundaries”
Speaker: Bobbie Perkins

Feb 18: *** LUNAR NEW YEAR “Celebration of Gratitude” ***
Facilitators: Bobbie Perkins, Cornell Kinderknecht
Music: BHAKTI HOUSE BAND
CELEBRATION STARTS at 4:30!
Community Vegetarian Potluck follows

Feb 25: “We Are One”
Speaker: Lisa November



**Lunar New Year
CELEBRATION**
FEBRUARY 18, 2018
4:30-8:00 PM @ Dallas Meditation Center

**Children’s Sangha
Sundays 5:00–7:00 pm**

A program for children ages 5 and up whose parents are attending the Sunday Awakening Heart gathering.



Mondays

12:00p ZEN-To-Go (silent meditation)
6:00p TAI CHI – Janna Whitton
7:30p MINDFUL Mondays – Cornell Kinderknecht

Tuesdays

12:00p ZEN-To-Go (silent meditation)
7:00p Wake Up Dallas YES Meditation Community – Young Adults (20’s & 30’s)

Wednesdays

9:15a TAI CHI – Janna Whitton
10:45a QIGONG – Janna Whitton
12:00p ZEN-To-Go (silent meditation)
6:00p Kid’s Yoga ages 5-12 – Karina Marino (RSVP to Karina @ 3LittleYogis.com)
7:30p INTERBEING Sangha – Bobbie Perkins (Five Mindfulness Trainings on First Wed. – Feb. 7)

Thursdays

12:00p ZEN-To-Go (silent meditation)

Saturday (once-a-month)

* 2:00p Monthly BEGINNERS MEDITATION Workshop Next scheduled: February 10, March 10

*02/10/18 – 2:00-5:30pm – Beginners Meditation Workshop – Bobbie Perkins

*02/17/18 – 9:30am-12:00noon – Yoga & Meditation Mini Retreat – Andy McDonald

*02/24/18 – 10:00am-3:00pm – Our True Home – LGBTQ Day of Mindfulness Retreat at Dallas Meditation Center

02/24/18 – 7:00-9:00pm – Dallas Meditation Center Drum Circle – Dorayne Breedlove

* = Register Online

SEASONS for PEACE
and NONVIOLENCE



SPAN the next decade

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Interfaith

LUNAR NEW YEAR

“Celebration of Gratitude”

Sunday, February 18, 2018 – 4:30 PM

Meditation, music & chanting, dance, inspiring teachings. All Are Welcome!
Bring friends and family. Bring a vegetarian dish to share for the potluck.

- 4:30 Doors open, Kirtan chanting with **Bhakti House Band**
- 5:00 **MUSIC, MEDITATION, DANCE, CELEBRATION & MORE CHANTING**
- 7:00 Vegetarian Potluck Dinner

Music with **Bhakti House Band**
Facilitated by **Bobbie Perkins, Cornell Kinderknecht** and others

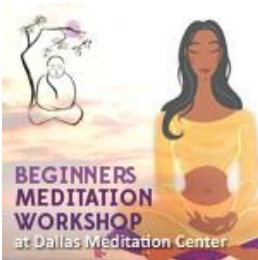
\$20 - \$40+ donation requested
(Children's Sangha available during the 5-7pm program)

Dallas Meditation Center
810 West Arapaho Rd., Suite 98
Richardson, TX 75080

(This is a "**SEASON FOR NONVIOLENCE**" Dallas event)



ALL ARE WELCOME!



Saturday, February 10, 2018
2:00-5:30 p.m.
Beginner's Meditation Workshop

A workshop open to all to experience the peace and joy of mindfulness and meditation. This workshop is great for those just starting meditation, those

who've been meditating and want some guidance, and those who just want a refresher.

Facilitated by **Bobbie Perkins**.
\$60 single / \$100 double. *Online registration required.*

Saturday, February 24, 2018
10:00 a.m. - 3:00 p.m.

**“Our True Home”
LGBTQ Day of Mindfulness**

A retreat open to those in the LGBTQ community who might be new to mindfulness and meditation, as well as those who have an established meditation practice.

Facilitated by Lisa November, Drew Jones and Cornell Kinderknecht. *Online registration requested.*
Suggested donation: \$20-40 / person



Saturday, February 17, 2018
9:30 a.m.-12 noon
Yoga & Meditation Mini-Retreat

A retreat that brings together the mindful movement and breath awareness of yoga with the heart-opening, centering practice of

meditation. This retreat will include yoga postures, walking meditation, seated meditation, and reclining guided relaxation. *Bring yoga mat if you have one.*

Facilitated by **Andy McDonald**.
Fee: \$40 (*online registration requested*)

Saturday, February 24, 2018
7:00 - 9:00 p.m.

**Dallas Meditation Center
DRUM CIRCLE**

Meets the LAST SATURDAY of each month. Bring your drums and percussion instruments. If you don't have any, don't worry, there's plenty to go around.

Facilitated by Dorayne Breedlove.
Suggested love offering: \$10-\$20.



LIVING WITH A GRATEFUL HEART - Dallas Meditation Center is here to serve all that are on the journey of peace, compassion, and joy. Let us support each other and send positive ripples out into our world as we mindfully meditate on our role and ability to support our center in serving the world.

Dallas Meditation Center is supported almost entirely by the donations and efforts of the people who attend the classes and programs offered here. Donations are accepted at any Dallas Meditation Center event or online at www.DallasMeditationCenter.com One Dharma Dallas Meditation Center Awakening Heart is a 501(c)(3) nonprofit educational human services organization.



Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080.

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WWW.DALLASMEDITATIONCENTER.COM

DALLAS MEDITATION CENTER (One Dharma)

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm 810 W. Arapaho Rd., Ste 98, Richardson, TX 75080. (972) 432-7871 DallasMeditationCenter.com	Directors: Bobbie Perkins Cornell Kinderknecht			1 12-12:45p ZEN-to-Go	2	3
4 5-7p AWAKENING HEART Meditation service - "Two Sides of the Same Coin" Terry Cortes-Vega 5-7p Childrens's Sangha 5 & up	5 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	6 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	7 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 6-6:45p Kids Yoga age 5-12. RSVP requested 7:30-9p INTERBEING Sangha - Bobbie:5 Mindfulness Trainings	8 12-12:45p ZEN-to-Go	9	10 2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins
11 5-7p AWAKENING HEART Meditation service - "Transcend Boundaries" Bobbie Perkins 5-7p Childrens's Sangha 5 & up	12 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	13 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	14 Valentines Day 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 6-6:45p Kids Yoga age 5-12. RSVP requested 7:30-9p INTERBEING Sangha - Bobbie	15 12-12:45p ZEN-to-Go	16 Chinese New Year	17 9:30a-12n Yoga/Meditation Retreat - Andy McDonald
18 4:30-7p AWAKENING HEART LUNAR NEW YEAR Celebration - Meditation & More. Music with Bhakti House Band. Community vegetarian potluck follows. 5-7p Childrens's Sangha 5 & up	19 President's Day 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	20 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	21 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 6-6:45p Kids Yoga age 5-12. RSVP requested 7:30-9p INTERBEING Sangha - Bobbie	22 12-12:45p ZEN-to-Go	23	24 10a-3p Our True Home - LGBTQ Day of Mindfulness 7-9p DRUM Circle - Dorayne
25 5-7p AWAKENING HEART Meditation service - "We Are One" Lisa November 5-7p Childrens's Sangha 5 & up 7:15p Sangha YUM Social gathering at a nearby restaurant	26 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	27 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	28 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 6-6:45p Kids Yoga age 5-12. RSVP requested 7:30-9p INTERBEING Sangha - Bobbie			