

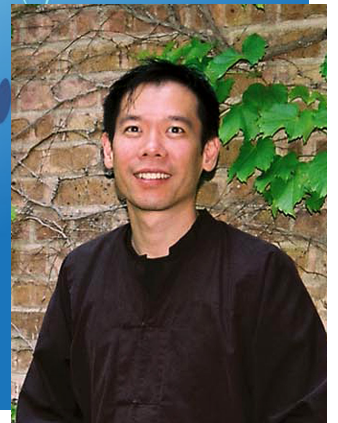
# HAPPY, HEALTHY, WHOLE!

*"I AM Happy, Healthy, Whole  
in Body, Mind and Soul!"*

5-Week Monday Evening Class

November 17 – December 15, 2014

7:30-9:30 pm



**Facilitated by Brother ChiSing & other holistic guest presenters @ DALLAS MEDITATION CENTER**

Each class will include meditation, mindful movement, health support on spiritual, emotional, mental and physical levels, book study, holistic teachings, question & answer, discussion, sharing and more.

To participate, you must attend all or most of the 5 Mondays, especially the first class on November 17<sup>th</sup>. *(if you need to miss any of the other Mondays, please arrange with the facilitator).*

*\* Suggested Donation for this 5-week series: \$100.*

Please register online by November 17<sup>th</sup> at: **[www.AwakeningHeart.org](http://www.AwakeningHeart.org)**