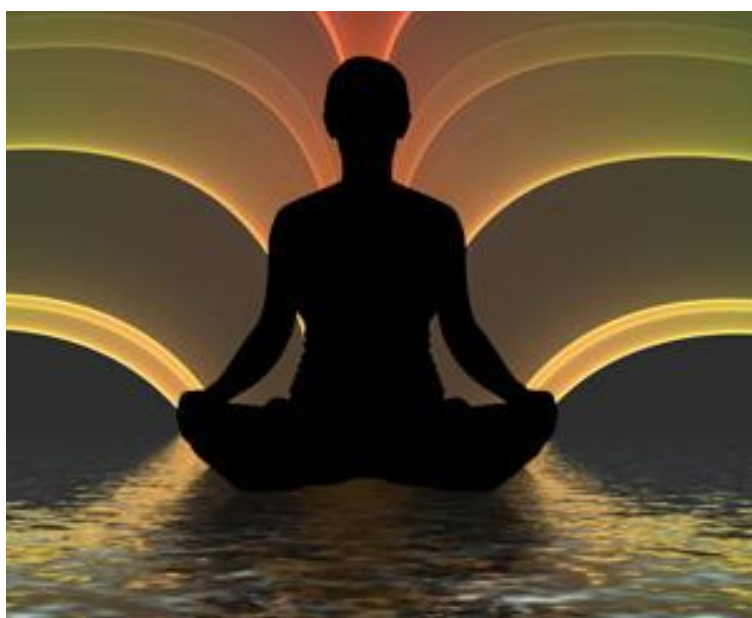


# BEGINNER'S MEDITATION WORKSHOP



A workshop open to all who wish to experience the peace and joy of mindfulness and meditation.



**SATURDAY, July 8, 2017**  
• **2:00 – 5:30PM**

- Sitting meditation
- Walking meditation
- Lying down meditation
- Teachings/Q & A
- Sharing & Discussion

Facilitated by Bobbie Perkins

**Bobbie Perkins** is the manager of the Dallas Meditation Center, meditation facilitator, founder of Dallas Meditation Centers' Interbeing Sangha and current aspirant of **Thich Nhat Hanh's** Order of Interbeing.

Location:

**Dallas Meditation Center**

810 W. Arapaho Rd., Suite 98

Richardson, TX 75080

[www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com)

**Class Fee: \$60**

(class limited to 16 people)

**Register & pay online by Friday, July 7**

**What to bring:**

\* Notebook and a pen for notes.

\* Optional bottle of water

**What to wear:**

\* Comfortable, loose fitting clothing.

\* Socks (we'll have our shoes off).

