

Awakening Heart

COMMUNITY OF MINDFUL LIVING

interfaith ♥ inclusive ♥ integral ♥ inspired



“MEDITATION & MORE”

Every **SUNDAY** at **5:30 PM**

(Yoga at 4 PM, Introductions at 5 PM)

@ **UNITY Church of Dallas**

*(monthly vegetarian potluck dinner at 7:30 PM
and **CHILDCARE** is available every Sunday)*

Spiritual Director: **Br. ChiSing**, M.Div., M.A.

*(an ordained disciple of Zen Master **Thich Nhat Hanh**)*

www.AWAKENINGHEART.org

inspired by the Universal Wisdom and Compassion of Interfaith Buddhist Spirituality