

# Day of Mindfulness

**A Unique Retreat of Meditation, Inspiration and Transformation**

*open to people of all faiths, ethnicities, orientations and levels of experience*



**SATURDAY**  
**November 1, 2008**  
**9:00 am - 5:00 pm**

**Treat yourself and your friends to a heart-opening day of peace, joy, wisdom and community through:**

- ▼ Sitting Meditation
- ▼ Eating Meditation
- ▼ Teachings / Q&A
- ▼ Silence & Music
- ▼ Walking Meditation
- ▼ Mindful Movement
- ▼ Journal-Writing
- ▼ Sharing & Discussion

Facilitated by: **Br. ChiSing, M.Div., M.A.**  
*(an ordained disciple of Zen Master **Thich Nhat Hanh**)*

**BEGINNER-FRIENDLY**

*Location:*

## **UNITY CHURCH OF DALLAS**

6525 Forest Lane  
*(between Preston & Hillcrest)*  
Dallas, Texas 75230

**ALL ARE WELCOME –**

*(please bring your own vegetarian lunch)*

**Love Offering: \$30**

*(scholarships available for teens)*

*with special guest musician: **MICHAEL GOTT***

Please register by October 31 at:

**AwakeningHeart.org**

