

MARCH 2011 - *new*

Awakening Heart & DALLAS MEDITATION CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00a Qigong - Michael 11:30a Meditation - CS 6:00p Meditation - Karla 7:00p Women's Wisdom (for men too) - Loreine	2 10:00a Yoga - Andy 11:30a Meditation - CS 6:00p Meditation - CS 7:00p "THE WORK" (Byron Katie) - Alva	3 10:00a Yoga - Kevin 11:30a Meditation - CK 6:00p Meditation - Andy 7:00p Yoga - Andy	4 9:00a Yoga & Meditation - Kevin 7:00p Drum Circle - Dorayne	5 10:00a Qigong - Michael 2-4p Beginners Intro YOGA Workshop - Andy 6:30p New Moon (Jewish) Yoga - Tzivia
6 (Field Trip to - Unity Church of Dallas) 4:00p Yoga - Susan * 5-7p AWAKENING HEART Meditation Sangha - ChiSing (CS)	7 10:00a Yoga - Andy 11:30a Meditation - CS 6:00p Yoga - Andy 7-9p Monday Series #3: "Sangha" - ChiSing (CS)	8 10:00a Qigong - Michael 11:30a Meditation - CS 6:00p Meditation - CS 7:00p "Compassion & Self-Forgiveness Meditation" - Vanessa	9 10:00a Yoga - Andy 11:30a Meditation - CS 6:00p Meditation - CS 7:00p "THE WORK" (Byron Katie) - Alva	10 10:00a Yoga - Kevin 11:30a Meditation - CS 6:00p Meditation - CS 7:00p Yoga - Andy	11 9:00a Yoga & Meditation - Kevin 7:30p Circle "Dances of Universal Peace" (Sufi) - Nirtana	12 * 9a-5p Meditation, Yoga & Music Retreat: "SEVEN CHAKRAS" - ChiSing, Andy & Robin 10:00a Qigong - Michael 7:30p Kirtan Music - "Sound & Meaning"
13 10:30a Holy Eucharist & Centering Prayer - Brother Lawrence (Catholic Universalist) 4:00p Yoga - Susan * 5-7p AWAKENING HEART Sangha - CS	14 10:00a Yoga - Andy 11:30a Meditation - CS (7-9p Brother ChiSing @ Interfaith Peace Chapel)	15 10:00a Qigong - Michael 11:30a Meditation - CK 6:00p Meditation - Karla 7:00p Women's Wisdom (for men too) - Loreine	16 10:00a Yoga - Andy 11:30a Meditation - CK 6:00p Meditation - Alva 7:00p "THE WORK" (Byron Katie) - Alva	17 10:00a Yoga - Kevin 11:30a Meditation - CK 6:00p Meditation - Andy 7:00p Yoga - Andy	18 9:00a Yoga & Meditation - Kevin 7:00p Peace Project: "Conscious Community" (potluck, meditation, etc.)	19 10:00a Qigong - Michael
20 (Field Trip to - Center for Spiritual Living) 4:00p Yoga - Susan ** 5-7p AWAKENING HEART: Spring Equinox Celebration - ChiSing (7p Vegetarian Potluck)	21 10:00a Yoga - Andy 11:30a Meditation - CS (7-9p Brother ChiSing @ Interfaith Peace Chapel)	22 10:00a Qigong - Michael 11:30a Meditation - CS 6:00p Meditation - CS	23 10:00a Yoga - Andy 11:30a Meditation - CS 6:00p Meditation - CS 7:00p THE WORK (Byron Katie) - Alva	24 10:00a Yoga - Kevin 11:30a Meditation - CS 6:00p Meditation - CS 7:00p Yoga - Andy	25 9:00a Yoga & Meditation - Andy 8:00p Music Concert - Cornell Kinderknecht (CK)	26 * 9a-12:30p BEGINNERS Meditation Workshop (morning option) - CS 10:00a Qigong - Michael * 2-5:30p BEGINNERS Meditation Workshop (afternoon option) - CS
27 10:30a-12:30p DEEPER MEDITATION - ChiSing 4:00p Yoga - Susan *** 5-7p AWAKENING HEART: Special Guest Zen Master KOSHO - CS	28 10:00a Yoga - Andy 11:30a Meditation - CS (7-9p Brother ChiSing @ Interfaith Peace Chapel)	29 10:00a Qigong - Michael 11:30a Meditation - CS 6:00p Meditation - CS 7-9p Intro SOTO ZEN & VIPASSANA Class - CS 7:30 Flute Class (intermediate) - Cornell	30 10:00a Yoga - Andy 11:30a Meditation - CS 6:00p Meditation - Alva 7:00p THE WORK (Byron Katie) - Alva	31 10:00a Yoga - Kevin 11:30a Meditation - BP 6:00p Meditation - Andy 7:00p Yoga - Andy		