

# DALLAS MEDITATION CENTER

## JULY 2017 – “INTERBEING”

**NEW LOCATION:** 810 W. Arapaho Rd, Suite 98, Richardson, Texas 75080

### SUNDAYS 5:00-7:00 PM

Awakening Heart (*Community of Mindful Living*)  
Interfaith Buddhist Spirituality (*Thich Nhat Hanh*)  
Zen, Mindfulness, Holistic Meditation (*Brother ChiSing*)

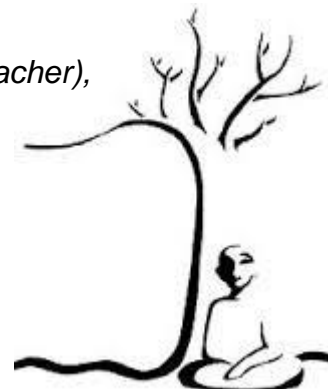
July 2: “Cultivating the Insight of Interbeing: The Five Mindfulness Trainings”  
**Speakers:** Bobbie Perkins, Cornell Kinderknecht

July 9: “Transmission Ceremony for The Five Mindfulness Trainings”  
**Facilitators:** Terry Cortes-Vega (*Thich Nhat Hanh Dharma Teacher*),  
\* **Community vegetarian potluck dinner follows**

July 16: “This Is Because That Is”  
**Speaker:** Thich Minh Thien

July 23: “The Cloud in Your Tea”  
**Speaker:** Kelly Haltom

July 30: “Deep Relaxation & Touching the Earth”  
**Facilitators:** Bobbie Perkins, Cornell Kinderknecht



### **Mondays**

12:00p **ZEN-To-Go** (silent meditation)  
6:00p TAI CHI – *Janna Whitton*  
7:30p **MINDFUL Mondays** – *Cornell Kinderknecht*

### **Tuesdays**

12:00p **ZEN-To-Go** (silent meditation)  
3:00p TRY-IT (yoga integrative therapies) – *Tzivia Stein Barrett*  
7:00p **YES (Young Enlightened Souls)** Meditation Community – *Young Adults (20's & 30's)*

### **Wednesdays**

9:15a TAI CHI – *Janna Whitton*  
10:45a QIGONG – *Janna Whitton*  
12:00p **ZEN-To-Go** (silent meditation)  
7:30p **INTERBEING Sangha** – *Bobbie Perkins* (Five Mindfulness Trainings on First Wed. – July 5)

### **Thursdays**

12:00p **ZEN-To-Go** (silent meditation)

### **Saturday (once-a-month)**

\* 2:00p **Monthly BEGINNERS MEDITATION Workshop** Next scheduled: July 8, August 12

\*07/01/17 – 1:00-5:00pm – Afternoon of Mindfulness Retreat at Dallas Meditation Center

\*07/08/17 – 2:00-5:30pm – Beginners Meditation Workshop at Dallas Meditation Center

\*07/15/17 – 9:30am-12:00noon – Yoga & Meditation Workshop – *Andy McDonald*

07/22/17 – 10:00-11:30am – Yoga, Breath and Sound – *Andy McDonald & Niko*

07/29/17 – 7:00pm – Dallas Meditation Center Drum Circle – *Dorayne Breedlove*

\* = Register Online

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**Saturday, July 1, 2017**  
**1:00-5:00 p.m.**  
**Afternoon of Mindfulness**  
**MEDITATION RETREAT**  
**“The Insight of Interbeing”**

Treat yourself to a heart-opening afternoon of peace, joy, wisdom, and community through Sitting Meditation, Walking Meditation, Resting Meditation, Teachings, Sharing circles, Mindful Movement, Music and more.

Donation: \$20-50 suggested offering  
*(online registration requested)*

*This retreat is for those who have been practicing at Awakening Heart / Dallas Meditation Center or with similar sanghas or centers. If you are new to meditation, please come to one of Dallas Meditation Center's beginner meditation workshops.*



**Saturday, July 8, 2017**  
**2:00-5:30 p.m.**  
**Beginner's Meditation**  
**Workshop**

A workshop open to all to experience the peace and joy of mindfulness and

meditation. This workshop is great for those just starting meditation, those who've been meditating and want some guidance, and those who just want a refresher.

Facilitated by **Bobbie Perkins**.

Fee: \$60 single / \$100 double

Online registration required *(space limited to 16 persons)*



**Saturday, July 15, 2017**  
**9:30am-12noon**  
**Yoga & Meditation Retreat**

A retreat that brings together the mindful movement and breath awareness of yoga with the heart-opening, centering practice of meditation. This retreat will include yoga postures, walking meditation, seated meditation, and reclining guided relaxation. *Bring yoga mat if you have one.*

Facilitated by **Andy McDonald**.

Fee: \$40 *(online registration requested)*



**Saturday, July 15, 2017**  
**1:00-5:00 p.m.**  
**Young Adults Half Day**  
**Retreat**

Join the young adults Wake Up group at the Dallas Meditation Center for a half day of mindfulness, meditation, and deep relaxation. This is a great opportunity to deepen your practice and connect with like-minded young adults. *Suggested donation: \$20-5 / person*



## AN INVITATION

We would love to hear from you! Please accept this invitation to be published in an upcoming Dallas Meditation Center newsletter. You may submit a brief essay, a reflection on something you've experienced, a funny story, a poem, an insight or whatever.

It's really quite simple. Keep your submissions to 250 words or less. Send to [info@dallasmeditationcenter.com](mailto:info@dallasmeditationcenter.com) with a couple of sentences identifying yourself. Also, send your piece as a document so that we can fit it to the newsletter format.

I know we have some very talented, creative people in our sangha! I witness your wisdom, your humor and your creativity every time we have sharing opportunities after a gathering.

## DANA FOR YOUR COMMUNITY

Any gift, substantial or small, is appreciated and helps our organization provide mindfulness and wellness education to the North Texas communities and beyond.



You may make your donations either today, at any Dallas Meditation Center event, or online at [www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com). Your gifts are eligible as charitable deductions for tax purposes.

Most of our gatherings are held at Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080.  
 Mailing address: Dallas Meditation Center, PO Box 832412, Richardson, TX 75083. Phone: 972.432.7871. Email: [info@DallasMeditationCenter.com](mailto:info@DallasMeditationCenter.com)

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