

# DALLAS MEDITATION CENTER

**AUGUST 2017 – “REMEMBERING WHO I AM”**

*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)**



August 6: “A Precious Human Life”  
**Speaker:** Bobbie Perkins

August 13: “The Five Remembrances”  
**Speaker:** Bobbie Perkins  
**Music:** Robin Hackett

August 20: “Who Am I Really?”  
**Speaker:** Bobbie Perkins

August 27: “Indra’s Net”  
**Speaker:** Terry Cortes-Vega  
**Music:** Brian Otto Kimmel “Bk”, Cornell Kinderknecht, Robin Hackett  
\* *Sangha YUM: community social gathering at a nearby restaurant follows*

## **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)  
7:00p **Wake Up Dallas YES** 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. – Aug. 2)

## **Thursdays**

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

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

\* 2:00p **Monthly BEGINNERS MEDITATION Workshop** *Next scheduled: August 12, September 9*

\*08/12/17 – 2:00-5:30pm – **Beginners Meditation Workshop** – **Bobbie Perkins**

08/12/17 – 7:00-8:30pm – **Music Meditation & Healing Concert** – **Cornell Kinderknecht & Martin McCall**

\*08/19/17 – 9:30am-12:00noon – **Yoga & Meditation Workshop** – **Andy McDonald**

\*08/19/17 – 2:00-3:30pm – **The Ahm Awakening: Embodying the Divine Feminine** – **Dr. Paula Joyce**

08/25/17 – 7:00-8:30pm – **Kirtan with Raghu Clark and the Ananda Community**, joined by Cornell & Martin

08/26/17 – 7:00pm – **Dallas Meditation Center Drum Circle** – **Dorayne Breedlove**

\*08/27/17 – 10:45am-7:00pm – **Day of Mindfulness Retreat** – **Brian Kimmel, Terry Cortes-Vega**

\* = Register Online

**WWW.DALLASMEDITATIONCENTER.COM**

## THE FIVE REMEMBRANCES

I am of the nature to grow old. There is no way to escape growing old.

I am of the nature to have ill health. There is no way to escape ill health.

I am of the nature to die. There is no way to escape death.

All that is dear to me and everyone I love are of the nature to change. There is no way to escape being separated from them.

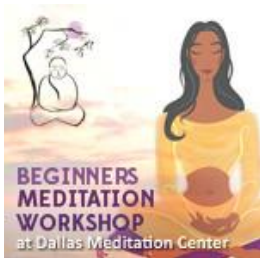
My actions are my only true belongings. I cannot escape the consequences of my actions. My actions are the ground upon which I stand.

## 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). One Dharma Awakening Heart Dallas Meditation Center is a 501(c)(3) educational human services organization. Your gifts are eligible as charitable deductions for tax purposes.



**Saturday, August 12, 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, August 12, 2017  
7:00-8:30 p.m.**

### **Music Meditation & Healing Concert**

Come be energized and relaxed, joining our hearts in music and sound. Immerse yourself and find bliss in the soundscapes, rhythms and melodies. Cornell Kinderknecht, world flutes and Martin McCall, drums..

*Suggested donation: \$15-25 / person*



**Saturday, August 19, 2017  
9:30 a.m.-12 noon**

### **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*)

**Friday, August 25, 2017  
7:00-8:30 p.m.**

### **Kirtan with the Ananda Dallas Community**

Join us in an evening of sacred chanting together accompanied by harmonium, flute, guitar and drums. Chanting led by the Ananda Dallas musicians joined by Cornell Kinderknecht, flute and Martin McCall, drums.

*Suggested donation: \$15-25 / person*



**Sunday, August 27, 2017  
10:45 a.m.-7:00 p.m.**

### **The Power of Song Day of Mindfulness Retreat**

A Day of Mindfulness celebrating our human creativity through music and the creative arts. Facilitated by Dharmacharya Terry Cortés-

Vega and musicians Brian Otto Kimmel "Bk", Cornell Kinderknecht and Robin Hackett.

Register online at [www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com)



## SAVE THE DATE!

**Dallas Meditation Center**  
*GRAND OPENING Celebration  
and Open House*

**Saturday, September 30, 2017**

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)

**WWW.AWAKENINGHEART.ORG**

# DALLAS MEDITATION CENTER (One Dharma)

## August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>REMEMBERING WHO I AM</b></p>		<p><b>1</b></p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's &amp; 30's) Meditation</p>	<p><b>2</b></p> <p>9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha</p>	<p><b>3</b></p> <p>12-12:45p ZEN-to-Go</p>	<p><b>4</b></p>	<p><b>5</b></p> <p>11a-4p Women's Retreat - Tzivia Stein-Barrett</p>
<p><b>6</b></p> <p>5:00-7:00p AWAKENING HEART Meditation service - Bobbie Perkins <i>A Precious Human Life</i></p>	<p><b>7 Full Moon</b></p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell</p>	<p><b>8</b></p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's &amp; 30's) Meditation</p>	<p><b>9</b></p> <p>9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha</p>	<p><b>10</b></p> <p>12-12:45p ZEN-to-Go</p>	<p><b>11</b></p>	<p><b>12</b></p> <p>2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins</p> <p>7-8:30p Music Meditation &amp; Concert - Cornell &amp; Martin</p>
<p><b>13</b></p> <p>5:00-7:00p AWAKENING HEART Meditation service - Bobbie Perkins <i>The Five Remembrances</i> Music - Robin Hackett</p>	<p><b>14</b></p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell</p>	<p><b>15</b></p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's &amp; 30's) Meditation</p>	<p><b>16</b></p> <p>9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha</p>	<p><b>17</b></p> <p>12-12:45p ZEN-to-Go</p>	<p><b>18</b></p>	<p><b>19</b></p> <p>9:30a-12n Yoga/Meditation Retreat - Andy McDonald</p> <p>2-3:30p The Ahm Awakening - Paula Joyce</p>
<p><b>20</b></p> <p>5:00-7:00p AWAKENING HEART Meditation service - Bobbie Perkins <i>Who Am I Really?</i></p>	<p><b>21 New Moon</b></p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell</p>	<p><b>22</b></p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's &amp; 30's) Meditation</p>	<p><b>23</b></p> <p>9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha</p>	<p><b>24</b></p> <p>12-12:45p ZEN-to-Go</p>	<p><b>25</b></p> <p>7-8:30p Kirtan with the Ananda Dallas Community</p>	<p><b>26</b></p> <p>7-9p DRUM Circle - Dorayne</p>
<p><b>27</b></p> <p>11a-7p Day of Mindfulness Retreat</p> <p>5:00-7:00p AWAKENING HEART Meditation service - Terry Cortes-Vega <i>Indra's Net</i> Music - Brian Kimmel</p> <p>7:15p Sangha YUM Social gathering at a nearby restaurant</p>	<p><b>28</b></p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell</p>	<p><b>29</b></p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's &amp; 30's) Meditation</p>	<p><b>30</b></p> <p>9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha</p>	<p><b>31</b></p> <p>12-12:45p ZEN-to-Go</p>	<p><b>DMC Office Hours:</b> Directors: Bobbie Perkins Cornell Kinderknecht 11:00 am - 4:00 pm 810 W. Arapaho Rd., Ste 98, Richardson, TX 75080. (972) 432-7871 <a href="http://DallasMeditationCenter.com">DallasMeditationCenter.com</a></p>	