

# DALLAS MEDITATION CENTER

## JANUARY 2018 – “GO AS A RIVER”

**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*)

- Jan 7: “The Stream of Life”  
**Speaker:** Bobbie Perkins
- Jan 14: “The Dead Sea”  
**Speaker:** Bobbie Perkins
- Jan 21: “The River of Feelings”  
**Speaker:** Kelly Haltom
- Jan 28: “The Ocean Refuses No River”  
**Speaker:** Sharad Saxena  
\* Sangha YUM: community social gathering at a nearby restaurant follows



### **Mondays** (Note: There will be no classes or meditation on January 1)

- 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)  
6:15p Kid's Yoga ages 3-12 – Karina Marino (RSVP to Karina @ 3LittleYogis.com)  
7:30p **INTERBEING Sangha** – Bobbie Perkins (Five Mindfulness Trainings on First Wed. – Jan. 3)

### **Thursdays**

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

### **Fridays**

- 12:00p Laughter Yoga and Meditation – Jyoti Subramanian (will not meet on January 26)

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

- \* 2:00p **Monthly BEGINNERS MEDITATION Workshop** Next scheduled: January 13, February 10

\*01/13/18 – 2:00-5:30pm – **Beginners Meditation Workshop** – Bobbie Perkins

\*01/20/18 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – Andy McDonald

01/20/18 – 7:00-8:30pm – Music Meditation & Healing Concert – Cornell Kinderknecht & Martin McCall

\*01/25/18 – 7:30-9:00pm – Beginner Native American Flute 4-week class, pre-registration required – Cornell Kinderknecht

\*01/27/18 – 1:00-5:00pm – **Go as a River - Afternoon of Mindfulness Retreat at Dallas Meditation Center**

01/27/18 – 7:00-9:00pm – Dallas Meditation Center Drum Circle – Dorayne Breedlove

\* = Register Online



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## Afternoon of Mindfulness / MEDITATION RETREAT – "Go as a River"

**Saturday, January 27, 2018, 1:00-5:00 p.m.**

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: \$20-40 / person (online registration requested)

*This retreat is intended for adults with meditation experience who are able to comfortably sit in stillness for 20 minutes. If you are new to meditation or looking for meditation instruction, please attend one of Dallas Meditation Center's beginner meditation workshops.*



**Saturday, Jan. 13, 2018**

**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**.

\$60 single / \$100 double. *Online registration required.*

**Saturday, January 20, 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 and percussion.

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



**Saturday, Jan. 20, 2018**

**9:30 a.m.-12 noon**

### Yoga & Meditation Mini-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, January 27, 2018**

**7:00 - 9:00 p.m.**

### Dallas Meditation Center DRUM CIRCLE

Meets the LAST SATURDAY of each month. Bring your drums and percussion instruments. If you don't have any, don't worry, there's plenty to go around.

Facilitated by Dorayne Breedlove.

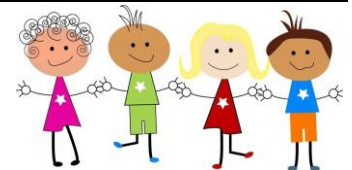
*Suggested love offering: \$10-\$20.*



## CHILDREN'S SANGHA – Starting January 2018

**Sundays, 5:00-7:00 p.m.**

In the Dallas Meditation Center's children's program, the children will do yoga/mindful movement and relaxed breathing with guided meditation. Plus, they will hear a story with a message which may lead to discussion about values like patience, compassion, kindness, oneness and love for all beings. Age-appropriate activities that encourage self-esteem and creativity will be presented, teaching values that can be carried into adulthood, fostering successful relationships and a positive outlook.



This program is available to children ages 5 and up whose parents are attending the Sunday, 5-7pm Awakening Heart gathering. For children under 5, please contact us to determine if this program is appropriate for your child. The program is offered on a donation basis.

## LIVING WITH A GRATEFUL HEART

The Dallas Meditation Center is here to serve all that are on the journey of peace, compassion, and joy. On average, 535 times every month, someone walks into our facility to experience mindfulness and meditation! The ripples of our practice change the world, one person at a time, in ways we will never know.

Let us support each other and send positive ripples out into our world. During this season, may each of us mindfully meditate on our role and ability to support our center in serving the world.

Namaste. ~ Cheryl Muck

May you experience  
JOY in this season of  
miracles, love, and new beginnings.



Dallas Meditation Center is supported almost entirely by the donations and efforts of the people who attend the classes and programs offered here. Donations are accepted at any Dallas Meditation Center event or online at [www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com) One Dharma Dallas Meditation Center Awakening Heart is a 501(c)(3) nonprofit educational human services organization.

Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080.

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# DALLAS MEDITATION CENTER (One Dharma)

# January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 New Year's Day</b>	<b>2</b>	<b>3</b> 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna <b>12-12:45p ZEN-to-Go</b> 6:15-6:45p Kids Yoga age 3-12. RSVP requested - Karina <b>7:30-9p INTERBEING Sangha - Bobbie:5 Mindfulness Trainings</b>	<b>4</b>	<b>5</b> 12-1:00p Laughter Yoga and Meditation - Jyoti	<b>6</b>
<b>7</b> 5-7p AWAKENING HEART Meditation service - "The Stream of Life" Bobbie Perkins	<b>8</b> 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	<b>9</b> 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>10</b> 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna <b>12-12:45p ZEN-to-Go</b> 6:15-6:45p Kids Yoga age 3-12. RSVP requested - Karina <b>7:30-9p INTERBEING Sangha - Bobbie</b>	<b>11</b> 12-12:45p ZEN-to-Go	<b>12</b> 12-1:00p Laughter Yoga and Meditation - Jyoti	<b>13</b> 2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins
<b>14</b> 5-7p AWAKENING HEART Meditation service - "The Dead Sea" Bobbie Perkins	<b>15 ML King Day</b> 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	<b>16</b> 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>17</b> 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna <b>12-12:45p ZEN-to-Go</b> 6:15-6:45p Kids Yoga age 3-12. RSVP requested - Karina <b>7:30-9p INTERBEING Sangha - Bobbie</b>	<b>18</b> 12-12:45p ZEN-to-Go	<b>19</b> 12-1:00p Laughter Yoga and Meditation - Jyoti	<b>20</b> 9:30a-12n Yoga/Meditation Retreat - Andy McDonald 7-8:30p Music Meditation & Concert - Cornell & Martin
<b>21</b> 5-7p AWAKENING HEART Meditation service - "The River of Feelings" Kelly Haltom	<b>22</b> 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	<b>23</b> 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>24</b> 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna <b>12-12:45p ZEN-to-Go</b> 6:15-6:45p Kids Yoga age 3-12. RSVP requested - Karina <b>7:30-9p INTERBEING Sangha - Bobbie</b>	<b>25</b> 12-12:45p ZEN-to-Go 7:30-9p Beginner Native Flute RSVP required - Cornell	<b>26</b>	<b>27</b> 1-5:00p Afternoon of Mindfulness Retreat "Go as a River" 7-9p DRUM Circle - Dorayne
<b>28</b> 5-7p AWAKENING HEART Meditation service - "The Ocean Refuses No River" Sharad Saxena 7:15p Sangha YUM Social gathering at a nearby restaurant	<b>29</b> 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	<b>30</b> 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>31</b> 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna <b>12-12:45p ZEN-to-Go</b> 6:15-6:45p Kids Yoga age 3-12. RSVP requested - Karina <b>7:30-9p INTERBEING Sangha - Bobbie</b>		<b>DMC Office Hours:</b> <b>Mondays – Thursdays</b> 11:00 am - 4:00 pm	Directors: Bobbie Perkins Cornell Kinderknecht
810 W. Arapaho Rd., Ste 98 Richardson, TX 75080 (972) 432-7871 <a href="http://DallasMeditationCenter.com">DallasMeditationCenter.com</a>						