

DALLAS MEDITATION CENTER

APRIL 2018 – “DHARMA RAIN”

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*)

Apr 1: “Mindfully Healing”
Speakers: Amy Kraus & Kimia Maleki

Apr 8: “Unconditional Love”
Speaker: Gene Flake

Apr 15: “Trust, Allow, Be Thankful”
Speaker: Andy McDonald

Apr 22: “Reflections on Identity”
Speaker: Lisa Goerd

Apr 29: “Dharma Raindrops”
Speakers: Bobbie Perkins & Cornell Kinderknecht

* 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)
6:00p Kids Yoga ages 5-12 – *Karina Marino (RSVP to Karina @ 3LittleYogis.com)*
7:30p **INTERBEING Sangha** – *Bobbie Perkins (Five Mindfulness Trainings on First Wed. – April 4)*

Thursdays

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

Fridays

12:00p Laughter Yoga and Meditation – *Jyoti Subramanian*

Saturday (once-a-month)

* 2:00p **Monthly BEGINNERS MEDITATION Workshop** Next scheduled: April 7, May 12

*04/07/18 – 2:00-5:30pm – **Beginners Meditation Workshop** – *Bobbie Perkins*

*04/21/18 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – *Andy McDonald*

04/28/18 – 9:30am-12:00noon – **World Healing Day Mini-Retreat** – *Janna Whitton and Janet Sandman*

04/28/18 – 7:00-9:00pm – **Dallas Meditation Center Drum Circle** – *Dorayne Breedlove*

* = Register Online

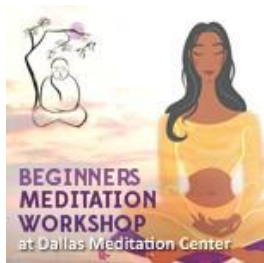
Children's Sangha Sundays 5:00–7:00 pm

A program for children ages 5 and up whose parents are attending the Sunday Awakening Heart gathering.



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APRIL HIGHLIGHTS AT DALLAS MEDITATION CENTER:



Saturday, April 7, 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, April 28, 2018

9:30 a.m.-12 noon

World Healing Day Mini-Retreat

A morning of self-care, bringing more health and healing into your

body and mind and also into the world. Qigong, Tai Chi, Mindfulness Meditation.

No previous experience necessary.

Facilitated by **Janna Whitton** and **Janet Sandman**

Fee: \$40



Saturday, April 21, 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, April 28, 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.



MINDFULNESS FOR CHILDREN:

Children's Sangha

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

In the Dallas Meditation Center's children's program, the children will be invited to 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.



Kids Yoga

Wednesdays, 6:00-6:45 p.m.

Children ages 5-12

Kids yoga in English and Spanish includes original art, music, games, stories, and other mindful, sensory-integrated activities to build left/right brain integration, concentration, body awareness, discipline, and confidence. These classes also introduce breathing and relaxation techniques that are especially beneficial for this age group, along with promoting flexibility, strength and balance.

Instructed by **Karina Marino, RCYT**. Fee: \$10. RSVP requested to Karina@3LittleYogis.com

LIVING WITH A GRATEFUL HEART

Dallas Meditation Center is here to serve all that are on the journey of peace, compassion, and joy. Let us support each other and send positive ripples out into our world as we mindfully meditate on our role and ability to support our center in serving the world.

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 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.

Mailing address: Dallas Meditation Center, PO Box 832412, Richardson, TX 75083. Phone: 972.432.7871. Email: info@DallasMeditationCenter.com

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DALLAS MEDITATION CENTER (One Dharma)

April 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--------------------------------------|--|--|
| 1 April Fool's Day Easter 5-7p AWAKENING HEART Meditation service - "Mindfully Healing" Amy Kraus & Kimia Maleki 5-7p Childrens's Sangha 5 & up | 2 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell | 3 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation | 4 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 6:15-6:45p Kids Yoga age 3-12. RSVP requested 7:30-9p INTERBEING Sangha - Bobbie:5 Mindfulness Trainings | 5 12-12:45p ZEN-to-Go | 6 12-1:00p Laughter Yoga and Meditation - Jyoti | 7 2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins |
| 8 5-7p AWAKENING HEART Meditation service - "Unconditional Love" Gene Flake 5-7p Childrens's Sangha 5 & up | 9 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell | 10 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation | 11 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 6:15-6:45p Kids Yoga age 3-12. RSVP requested 7:30-9p INTERBEING Sangha - Bobbie | 12 12-12:45p ZEN-to-Go | 13 12-1:00p Laughter Yoga and Meditation - Jyoti | 14 |
| 15 5-7p AWAKENING HEART Meditation service - "Trust, Allow, Be Thankful" Andy McDonald 5-7p Childrens's Sangha 5 & up | 16 Taxes Due 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell | 17 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation | 18 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 6:15-6:45p Kids Yoga age 3-12. RSVP requested 7:30-9p INTERBEING Sangha - Bobbie | 19 12-12:45p ZEN-to-Go | 20 12-1:00p Laughter Yoga and Meditation - Jyoti | 21 9:30a-12n Yoga/Meditation Retreat - Andy McDonald |
| 22 5-7p AWAKENING HEART Meditation service - "Reflections on Identity" Lisa Goerd 5-7p Childrens's Sangha 5 & up | 23 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell | 24 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation | 25 Admin Assistants Day 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 6:15-6:45p Kids Yoga age 3-12. RSVP requested 7:30-9p INTERBEING Sangha - Bobbie | 26 12-12:45p ZEN-to-Go | 27 12-1:00p Laughter Yoga and Meditation - Jyoti | 28 9:30a-12n World Healing Day Retreat - Janna Whitton & Janet Sandman 7-9p DRUM Circle - Dorayne |
| 29 5-7p AWAKENING HEART Meditation service - "Dharma Raindrops" Bobbie & Cornell 5-7p Childrens's Sangha 5 & up 7:15p Sangha YUM Social gathering at a nearby restaurant | 30 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell | | | | DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm 810 W. Arapaho Rd., Ste 98, Richardson, TX 75080. (972) 432-7871 DallasMeditationCenter.com | Directors: Bobbie Perkins Cornell Kinderknecht |