


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Director: Brother ChiSing</p> <p>Assistant: Bobbie Perkins</p> <p>Communications: Cornell Kinderknecht</p>	<p>AH & DMC aspire to be:</p> <p>INTERFAITH INCLUSIVE INTEGRAL INSPIRED</p>	<p>DMC Office Hours: Mondays - Thursdays 11:00 am - 4:00 pm</p>		<p>1</p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation *</p> <p>7:00-8:15p YOGA - Andy*</p> <p>7p Buddhist Class - Tashi</p>	<p>2</p> <p>7:00p First Fridays: DRUM CIRCLE - Dorayne Breedlove</p>	<p>3</p> <p>9:00a-12:30p Meditation REJUVENATION Retreat - Brother ChiSing</p> <p>2:00-6:00p BEGINNERS MEDITATION Workshop - Brother ChiSing</p> <p>8:00p Music Concert - Impending Bloom</p>
<p>4</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing</p> <p>* (7p Planning Meeting)</p>	<p>5</p> <p>10-11:15a YOGA - Andy*</p> <p>11:30a-1:00p Silent ZEN Meditations - MKZC</p> <p>7-9p BODHISATTVA Meditations - ChiSing</p> <p>7:20p Breaking Free (UA)</p>	<p>6</p> <p>10-11:15a YOGA - Royce</p> <p>12:00-12:45p Meditation</p> <p>*2-3:15p YOGA - Tashi</p> <p>5:30-6:45p QIGONG</p> <p>7-9p GUIDED Meditations (beginner-friendly)-ChiSing</p>	<p>7</p> <p>12:00-12:45p Meditation</p> <p>1:00p Community Lunch</p> <p>3:15-4:30p YOGA - Andy*</p> <p>7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>8</p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation *</p> <p>7:00-8:15p YOGA - Andy*</p> <p>7:00p ManKind Project</p> <p>7p Buddhist Class - Tashi</p>	<p>9</p> <p>7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)</p>	<p>10</p> <p>9:00a-12:30p "YOGA & MEDITATION" Retreat - Ven. Tashi Nyima</p> <p>5:00p "Heart of the Cedar" Flute Circle - Rick McDaniel</p>
<p>11</p> <p>10:30a Christ. Meditation 11:00a Universal Church</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing</p>	<p>12</p> <p>10-11:15a YOGA - Andy*</p> <p>11:30a-1:00p Silent ZEN Meditations - MKZC</p> <p>7-9p BODHISATTVA Meditations - ChiSing</p> <p>7:20p Breaking Free (UA)</p>	<p>13</p> <p>10-11:15a YOGA - Royce</p> <p>12:00-12:45p Meditation</p> <p>*2-3:15p YOGA - Tashi</p> <p>5:30-6:45p QIGONG</p> <p>7-9p GUIDED Meditations (beginner-friendly)-ChiSing</p>	<p>14</p> <p>12:00-12:45p Meditation</p> <p>1:00p Community Lunch</p> <p>3:15-4:30p YOGA - Andy*</p> <p>7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>15</p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation *</p> <p>7:00-8:15p YOGA - Andy*</p> <p>7p Buddhist Class - Tashi</p>	<p>16</p> <p>* your event could go here . . . contact Bobbie for room rental rates *</p>	<p>17</p> <p>9a-2p "Living Namaste" - Christine Clemmer</p> <p>7:00p GONG Music Meditation - Kenny Kolter</p>
<p>18</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Tashi Nyima (monk)</p>	<p>19</p> <p>10-11:15a YOGA - Andy*</p> <p>11:30a-1:00p Silent ZEN Meditations - MKZC</p> <p>7-9p BODHISATTVA Meditations - ChiSing</p> <p>7:20p Breaking Free (UA)</p>	<p>Spring Equinox 20</p> <p>10-11:15a YOGA - Royce</p> <p>12:00-12:45p Meditation</p> <p>*2-3:15p YOGA - Tashi</p> <p>5:30-6:45p QIGONG</p> <p>7-9p Spring EQUINOX Celebration - ChiSing ***</p>	<p>21</p> <p>12:00-12:45p Meditation</p> <p>1:00p Community Lunch</p> <p>3:15-4:30p YOGA - Andy*</p> <p>7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>22</p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation *</p> <p>7:00-8:15p YOGA - Andy*</p> <p>7p Buddhist Class--closed</p>	<p>23</p> <p>4:00-6:00p Intro to Mind Body Work - Tzivia</p>	<p>24</p> <p>10:00a-12:00p YOGA Playshop - Andy McD.</p> <p>2:00-5:00p "QIGONG & SOTO ZEN" Retreat - Dale Kent (Soto Zen priest & Qigong teacher)</p>
<p>25</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Rev. Robert V. Taylor & Brother ChiSing</p> <p>* (7p Potluck Dinner)</p> <p>7:30p TaKeTiNa -Michael</p>	<p>26</p> <p>10-11:15a YOGA - Andy*</p> <p>11:30a-1:00p Silent ZEN Meditations - MKZC</p> <p>7-9p BODHISATTVA Meditations - ChiSing</p> <p>7:20p Breaking Free (UA)</p>	<p>27</p> <p>10-11:15a YOGA - Royce</p> <p>12:00-12:45p Meditation</p> <p>*2-3:15p YOGA - Tashi</p> <p>5:30-6:45p QIGONG</p> <p>7-9p GUIDED Meditations (beginner-friendly)-ChiSing</p>	<p>28</p> <p>12:00-12:45p Meditation</p> <p>1:00p Community Lunch</p> <p>3:15-4:30p YOGA - Andy*</p> <p>7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>29</p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation *</p> <p>7:00-8:15p YOGA - Andy*</p> <p>7p Buddhist Class--closed</p>	<p>30</p> <p>7:30-8:15p INTERFAITH Christian / Buddhist "HEALING SERVICE for Body, Mind & Spirit" - Brother ChiSing, Brother Lawrence & Sister Anne</p>	<p>31</p> <p>9:00a-12:30p Meditation REJUVENATION Retreat - Brother ChiSing</p> <p>2:00-6:00p BEGINNERS MEDITATION Workshop - Brother ChiSing</p>

AWAKENING HEART

March 2012 – updated

Monthly SATURDAY Retreats & Workshops - please register online or get more info at our website

- * Fourth Saturday – YOGA Playshop (Andy McDonald, yogi): **March 24**, 10:00 am - 12:00 pm
- * Fourth Saturday – QIGONG & SOTO ZEN Retreat (Dale Kent, Soto Zen priest): **March 24**, 2:00 - 5:00 pm
- * Fifth Saturday – “Meditation REJUVENATION Retreat” (Brother ChiSing): **March 31**, 9:00 am - 12:30 pm
- * Fifth Saturday – “BEGINNERS Meditation Workshop” (Brother ChiSing): **March 31**, 2:00 - 6:00 pm
- * Third Saturday – “YOGA & MEDITATION” Retreat (ChiSing & Andy McDonald): **April 21**, 9 am - 12:30 pm

* Every SUNDAY (5:00-7:00 pm) * - inspired by THICH NHAT HANH

☸ **“AWAKENING HEART” (Community of Mindful Living)** – Facilitated by Brother ChiSing, this Interfaith Mindfulness Community is our largest main meditation gathering of the week (40-60 persons) with music, kirtan chanting, walking and sitting meditation, inspiring messages, and community sharing (open to all levels of meditation experience, both beginners and advanced). Monthly Potluck Dinner. Childcare every Sunday. ☸

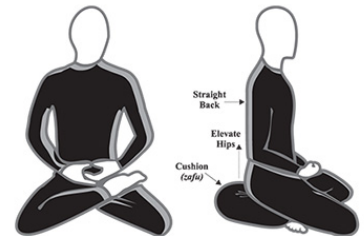
- | | | |
|---|--|---|
| March 11 – | Brother ChiSing:
(music - Gary Floyd) | “ONE DHARMA” (part 2): PURE LAND Buddhism |
| March 18 – | Ven. Tashi Nyima (monk): | “ONE DHARMA” (part 3): TIBETAN Buddhism
(Brother ChiSing away on retreat) |
| * March 25 – | Rev. Robert V. Taylor *
& Brother ChiSing:
(music - Robin Hackett) | “FULLY HUMAN, FULLY ALIVE!”
(Vegetarian Potluck Dinner afterwards) |
| * special guest: Rev. Robert V. Taylor (priest ordained by Archbishop Desmond Tutu) !!! | | |
| April 1 – | Brother ChiSing: | “ONE DHARMA” (part 4): ZEN Buddhism |

Every MONDAY (7:00-9:00 pm) - \$10-\$25 suggested donation

BODHISATTVA Meditations & Buddhist Ritual – Facilitated by Brother ChiSing, this deeper experienced Buddhist meditation circle (12+ persons) is open to those who have been meditating regularly at AH / DMC for at least 3 months, able to sit in stillness, breathing silently. **We practice an Integral “One Dharma” approach to spirituality.**

- 7:00 Introductions & Opening Ritual
- 7:15 Silent Sitting Meditation (25 min.)
- 7:40 Silent Walking Meditation (10 min.) – occasionally with “Amitabha” chanting
- 7:50 Silent Sitting Meditation (25 min.)
- 8:15 Spiritual Teachings
- 8:45 Sharing Circle

* (recommended book: Old Path, White Clouds - Thich Nhat Hanh)



Every TUESDAY (7:00-9:00 pm) - \$10-\$25 suggested donation

GUIDED MEDITATIONS Group (beginner-friendly) – Facilitated by Brother ChiSing, this Guided Meditations group (12+ persons) is the perfect class for beginners (and also for more advanced practitioners who want to supplement their silent practice with guided meditations). **March’s theme is: “ONE EARTH”**

- 7:00 Introductions
- 7:15 Guided Resting Meditation (25 min.) – deep relaxation while lying down
- 7:40 Guided Walking Meditation (10 min.)
- 7:50 Guided Sitting Meditation (25 min.)
- 8:15 Spiritual Teachings
- 8:45 Sharing Circle

* (recommended book: Happiness - Thich Nhat Hanh)



Some SPECIAL EVENTS - please see the calendar and website for a full list and description of all upcoming events

- * Spring EQUINOX Celebration – Tuesday, March 20, 7:00-9:00 pm
- * Interfaith HEALING Service – Friday, March 30, 7:30-8:30 pm