

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Director: Brother ChiSing</p> <p>Assistant: Bobbie Perkins</p> <p>Communications: Cornell Kinderknecht</p>	<p>DMC Office Hours: Mondays - Thursdays 11:00 am - 4:00 pm</p>	<p>AH & DMC aspire to be:</p> <p>INTERFAITH INCLUSIVE INTEGRAL INSPIRED</p>	<p>1</p> <p>9:30-10:30a TAI CHI 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy 5:30-6:30p TAI CHI 7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>2</p> <p>10-11:15a YOGA - Roya 12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy</p>	<p>3</p> <p>7:00p DRUM Circle - Dorayne Breedlove</p>	<p>4</p> <p>7:30p An "Out-of-this- World-Beat" CONCERT - Daniel Katsük</p>
<p>5</p> <p>11:30a NEW THOUGHT 3p Meditación (español) 5-7p AWAKENING HEART (this is our large main Meditation service) - Ven. Tashi Nyima</p>	<p>6</p> <p>11:30a-1:00p Silent ZEN Meditations - MKZC 2:00-3:15p YOGA- Andy 7:00p 12-Step (CA) 7:20p Breaking Free (UA)</p>	<p>7</p> <p>10-11:15a YOGA - Roya 12:00-12:45p Meditation 2:00-3:15p YOGA-Tashi 7-9p YOUNG ADULTS 20's & 30's Meditation</p>	<p>8</p> <p>9:30-10:30a TAI CHI 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy 5:30-6:30p TAI CHI 7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>9</p> <p>10-11:15a YOGA - Roya 12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7-9p AMITABHA (1) Practice - Tashi Nyima</p>	<p>10</p> <p>8:00p MUSIC Concert (world flutes & gongs) - Cornell Kinderknecht & Kenny Kolter</p>	<p>11</p> <p>* 9a-12:30p Meditation REJUVENATION Retreat - Brother ChiSing * 10:00a-12:30p REIKI * 2-6p BEGINNERS Meditation Workshop - Brother ChiSing * 5:00-9:00p FLUTE Circle</p>
<p>12</p> <p>9:30a Christ. Meditation 10:00a Universalist Mass 3p Meditación (español) * 5-7p AWAKENING HEART (main Meditation) - Brother ChiSing * (7p Planning Meeting)</p>	<p>13</p> <p>11:30a-1:00p Silent ZEN Meditations - MKZC 2:00-3:15p YOGA - Andy * 7-9p Beginner-friendly GUIDED Meditations - Brother ChiSing ** 7:20p Breaking Free (UA)</p>	<p>14</p> <p>10-11:15a YOGA - Roya 12:00-12:45p Meditation 2:00-3:15p YOGA-Tashi 5:30-6:45p QiGong - Mike 7-9p YOUNG ADULTS 20's & 30's Meditation</p>	<p>15</p> <p>9:30-10:30a TAI CHI 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy 5:30-6:30p TAI CHI 7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>16</p> <p>10-11:15a YOGA - Roya 12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7-9p AMITABHA (2) Practice - TashiNyima</p>	<p>17</p> <p>7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)</p>	<p>18</p> <p>1-4p "Make FRIENDS with Your MIND" - Jon & Linda Caswell 7:30p "CONNECTION PARTY" - Cathy Vartuli</p>
<p>19</p> <p>3p Meditación (español) * 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing *</p>	<p>20</p> <p>11:30a-1:00p Silent ZEN Meditations - MKZC 2:00-3:15p YOGA - Andy * 7-9p BUDDHA LIGHT Chanting & Meditations - Brother ChiSing * 7:20p Breaking Free (UA)</p>	<p>21</p> <p>10-11:15a YOGA - Roya 12:00-12:45p Meditation 2:00-3:15p YOGA-Tashi 5:30-6:45p QiGong - Mike 7-9p YOUNG ADULTS 20's & 30's Meditation</p>	<p>22</p> <p>9:30-10:30a TAI CHI 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy 5:30-6:30p TAI CHI 7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>23</p> <p>10-11:15a YOGA - Roya 12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7-9p AMITABHA (3) Practice - Tashi Nyima</p>	<p>24</p> <p>7:30-9:00p INTERFAITH HEALING Service - Brother Lawrence, Sister Anne, Brother ChiSing, * Ven. Tashi Nyima, etc. (all healers invited)</p>	<p>25</p> <p>* 9:00a-12:30p YOGA & MEDITATION Morning Retreat - Andy McD. & ChiSing * 7:00-9:00p GONG Music Meditation- Kenny Kolter</p>
<p>26</p> <p>9:30a Christ. Meditation 10:00a Universalist Mass 3p Meditación (español) * 5-7p AWAKENING HEART - Bro. ChiSing * (7p Potluck Dinner) 7:30p TaKeTiNa -Michael</p>	<p>27</p> <p>10-11:15a YOGA - Andy 11:30a-1:00p Silent ZEN Meditations - MKZC * 7-9p Beginner-friendly GUIDED Meditations - Brother ChiSing ** 7:20p Breaking Free (UA)</p>	<p>28</p> <p>10-11:15a YOGA - Roya 12:00-12:45p Meditation 2:00-3:15p YOGA - Tashi 5:30-6:45p QiGong - Mike 7-9p YOUNG ADULTS 20's & 30's Meditation</p>	<p>29</p> <p>12:00-12:45p Meditation 3:15-4:30p YOGA - Andy 7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>30</p> <p>10-11:15a YOGA - Roya 12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7:00p Supplication-closed</p>	<p>31</p> <p>(your event could go here)</p>	