

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Director: <b>Brother ChiSing</b></p> <p>Assistant: <b>Bobbie Perkins</b></p> <p>Communications: <b>Cornell Kinderknecht</b></p>	<p>DMC Office Hours: Mondays - Thursdays 11:00 am - 4:00 pm</p>	<p>AH &amp; DMC aspire to be:</p> <p><b>INTERFAITH INCLUSIVE INTEGRAL INSPIRED</b></p>	<p><b>1</b></p> <p>9:00a TAI CHI - Janna</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00-7:15p YOGA - Andy</p> <p>7:30p ACTIVE Meditation</p>	<p><b>2</b></p> <p>12:00-12:45p Zen-to-Go</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:30p QIGONG - Jyoti</p> <p>7:00-900p BUDDHIST Practices - Tashi Nyima</p>	<p><b>3</b></p> <p>12:00-12:45p Zen-to-Go</p> <p>7:00-9:00p First Fridays: <b>DRUM Circle</b> - Dorayne</p>	<p><b>4</b></p> <p>9a-4p "Conscious Aging"</p>
<p><b>5</b></p> <p>11a-1p <b>Ecstatic Dance</b> (every Sunday morning)</p> <p>3p <b>Meditación (español)</b></p> <p>* 5-7p <b>AWAKENING HEART</b> (this is our large main Meditation service) - Brother ChiSing *</p>	<p><b>6</b></p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00p TAI CHI - Janna</p> <p>7:30p Beginner-friendly <b>GUIDED Meditations</b> - Kamal Albright</p>	<p><b>7</b></p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Vajra YOGA - Tashi</p> <p>7-9p <b>YOUNG ADULTS (20's &amp; 30's) Meditation</b></p> <p>7:30p Chakra Meditation</p>	<p><b>8</b></p> <p>9:00a TAI CHI - Janna</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00-7:15p YOGA - Andy</p> <p>7:30p ACTIVE Meditation</p>	<p><b>9</b></p> <p>12:00-12:45p Zen-to-Go</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:30p QIGONG - Jyoti</p> <p>7:00-900p BUDDHIST Practices - Tashi Nyima</p>	<p><b>10</b></p> <p>12:00-12:45p Zen-to-Go</p>	<p><b>11</b></p> <p>* 9:00a-12:30p <b>YOGA &amp; MEDITATION Retreat</b> - Andy &amp; ChiSing (free) *</p> <p>* 2:00-6:00p <b>Workshop: BEGINNERS Meditation</b> - Brother ChiSing *</p>
<p><b>12</b> Mother's Day</p> <p>3p <b>Meditación (español)</b></p> <p>* 5-7p <b>AWAKENING HEART</b> (this is our large main Meditation service) - Brother ChiSing * &amp; Zen Master GAELYN</p>	<p><b>13</b></p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00p TAI CHI - Janna</p> <p>*7:30p Beginner-friendly <b>GUIDED Meditations</b> - Brother ChiSing *</p>	<p><b>14</b></p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Vajra YOGA - Tashi</p> <p>7-9p <b>YOUNG ADULTS (20's &amp; 30's) Meditation</b></p> <p>7:30p Chakra Meditation</p>	<p><b>15</b></p> <p>9:00a TAI CHI - Janna</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00-7:15p YOGA - Royia</p> <p>7:30p ACTIVE Meditation</p>	<p><b>16</b></p> <p>12:00-12:45p Zen-to-Go</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:30p QIGONG - Jyoti</p> <p>7:00-900p BUDDHIST Practices - Tashi Nyima</p>	<p><b>17</b></p> <p>12:00-12:45p Zen-to-Go</p> <p>7:30p <b>CHANNELING</b> Spiritual Wisdom - "Jacob" (Bobbie Perkins)</p>	<p><b>18</b></p> <p>10:00-11:30a "Yoga, Breath &amp; Sound" - Andy McDonald</p>
<p><b>19</b> Buddha Day!</p> <p>* 5-7:30p <b>AWAKENING HEART</b> (DMC's Third Anniversary &amp; Buddha's Birthday Celebration!) - Brother ChiSing * &amp; Ven. Tashi Nyima, etc. (music by Shanti, etc.)</p> <p>7:30p Potluck Dinner</p>	<p><b>20</b></p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00p TAI CHI - Janna</p> <p>*7:30p Beginner-friendly <b>GUIDED Meditations</b> - Brother ChiSing *</p>	<p><b>21</b></p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Vajra YOGA - Tashi</p> <p>7-9p <b>YOUNG ADULTS (20's &amp; 30's) Meditation</b></p> <p>7:30p Chakra Meditation</p>	<p><b>22</b></p> <p>9:00a TAI CHI - Janna</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00-7:15p YOGA - Royia</p> <p>7:30p ACTIVE Meditation</p>	<p><b>23</b></p> <p>12:00-12:45p Zen-to-Go</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:30p QIGONG - Jyoti</p> <p>7:00-900p BUDDHIST Practices - Tashi Nyima</p>	<p><b>24</b></p> <p>12:00-12:45p Zen-to-Go</p>	<p><b>25</b> Vaisakha ☉</p> <p>10a-5p <b>RETREAT</b> of Renewal &amp; Purification (Saga Dawa) - Ven Tashi Nyima (monk)</p> <p>2:00p <b>VEDIC Astrology</b></p>
<p><b>26</b></p> <p>3p <b>Meditación (español)</b></p> <p>5-7p <b>AWAKENING HEART</b> (this is our large main Meditation service) - Ven. Tashi Nyima</p> <p>7:30p TaKeTiNa -Michael</p>	<p><b>27</b> Memorial Day</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00p TAI CHI - Janna</p> <p>7:30p Beginner-friendly <b>GUIDED Meditations</b> - Kamal Albright</p>	<p><b>28</b></p> <p>12:00-12:45p Zen-to-Go</p> <p>2p Vajra YOGA - Tashi</p> <p>7-9p <b>YOUNG ADULTS (20's &amp; 30's) Meditation</b></p> <p>7:30p Chakra Meditation</p>	<p><b>29</b></p> <p>9:00a TAI CHI - Janna</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p YOGA - Andy</p> <p>6:00-7:15p YOGA - Royia</p> <p>7:30p ACTIVE Meditation</p>	<p><b>30</b></p> <p>12:00-12:45p Zen-to-Go</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:30p QIGONG - Jyoti</p> <p>7:00-900p BUDDHIST Practices - Tashi Nyima</p>	<p><b>31</b></p> <p>12:00-12:45p Zen-to-Go</p>	