


| 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>3 <i>(No Laughter Yoga today)</i> 12:00-12:45p Zen-to-Go <i>(No Sound Med. today)</i> 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7-9p BUDDHISM - Tashi</p> | <p>4</p> <p>7:00p First Fridays Monthly DRUM Circle - Dorayne Breedlove</p> | <p>5</p> <p>9:00a-12:30p YOGA & MEDITATION Retreat - Andy & ChiSing</p> <p>2:00-6:00p Workshop: BEGINNERS Meditation - Brother ChiSing</p> |
| <p>6</p> <p>2:30p <i>Meditación español</i></p> <p>5-7p AWAKENING HEART <i>(this is our large main Meditation service)</i> - Brother ChiSing</p> | <p>7 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 6:00p TAI CHI - Janna 7p Grapevine, TX, Sangha 7:30p QIGONG - Jyoti 7:30p Yoga/Med. - Kamal</p> | <p>8 12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi 6:30p Sound Healing-Jodi 7-9p YOUNG ADULTS (20's & 30's) Meditation 7:30p Chakra Med. - Jyoti</p> | <p>9 9:00a TAI CHI - Janna 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 6:00-7:15p YOGA - Roya 7-9p Shamanic Prac.-Jodi 7:30p OSHO Med. - Ana</p> | <p>10 11:30a Laughter - Jyoti 12:00-12:45p Zen-to-Go 2p Sound Med. - Jodi R. 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7-9p BUDDHISM - Tashi</p> | <p>11</p> <p><i>(Pray for Brother ChiSing for healing retreat in Sedona: October 9-16)</i></p> <p>7:00p SATSANG - Swamiji & Amma</p> | <p>12</p> <p>10:00a-12:30p REIKI</p> <p>10:00a-4:00p SATSANG - Swamiji & Amma</p> <p>5:00-9:00p FLUTE Circle</p> |
| <p>10:00a-3:30p SATSANG - Swamiji & Amma</p> <p>2:30p <i>Meditación español</i></p> <p>5-7p AWAKENING HEART <i>(this is our large main Meditation service)</i> - Ven. Tashi Nyima</p> | <p>14 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 6:00p TAI CHI - Janna 7:30p QIGONG - Jyoti 7:30p Yoga/Med. - Kamal</p> | <p>15 12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi 6:30p Sound Healing-Jodi 7-9p YOUNG ADULTS (20's & 30's) Meditation 7:30p Chakra Med. - Jyoti</p> | <p>16 9:00a TAI CHI - Janna <i>(10a Advanced Tai Chi)</i> 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 6:00-7:15p YOGA - Roya 7:30p OSHO Med. - Ana</p> | <p>17 11:30a Laughter - Jyoti 12:00-12:45p Zen-to-Go 2p Sound Med. - Jodi R. 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7-9p BUDDHISM - Tashi</p> | <p>18</p> <p><i>(Houston Mindfulness Retreat w/ Brother Michael: October 17-20)</i></p> <p>8:00p “Deep Relaxation & Touching the Earth” - Cornell Kinderknecht & Bobbie Perkins</p> | <p>19</p> <p>2-5p Hemi-Sync Astral Projection Meditation</p> <p>7:30p CHANNELING Spiritual Wisdom - “Jacob” (Bobbie Perkins)</p> |
| <p>2:30p <i>Meditación español</i></p> <p>5-7p “Maha-Sangha” @ AWAKENING HEART <i>(bring your children early)</i> - Brother ChiSing 7p Potluck Veg. Dinner</p> | <p>21 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 6:00p TAI CHI - Janna 7-9p Thich Nhat Hanh 7:30p QIGONG - Jyoti 7:30p Yoga/Med. - Kamal</p> | <p>22 12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi 6:30p Sound Healing-Jodi 7-9p YOUNG ADULTS (20's & 30's) Meditation 7:30p Chakra Med. - Jyoti</p> | <p>23 9:00a TAI CHI - Janna 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 6:00-7:15p YOGA - Roya 7-9p Shamanic Prac.-Jodi 7-9p Thich Nhat Hanh 7:30p OSHO Med. - Ana</p> | <p>24 11:30a Laughter - Jyoti 12:00-12:45p Zen-to-Go 2p Sound Med. - Jodi R. 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7-9p BUDDHISM - Tashi</p> | <p>25</p> <p>WEEKEND MINDFULNESS RETREAT @ Telephone, TX (October 25-27)</p> | <p>26</p> <p>2:00-4:00p Exercises for Body, Mind & Soul - Dennis Grounds</p> |
| <p>2:30p <i>Meditación español</i></p> <p>5-7p AWAKENING HEART <i>(this is our large main Meditation service)</i> - Brother ChiSing 7:30p TaKeTiNa -Michael</p> | <p>28 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 6:00p TAI CHI - Janna 7:30p QIGONG - Jyoti 7:30p Yoga/Med. - Kamal</p> | <p>29 12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi 6:30p Sound Healing-Jodi 7-9p YOUNG ADULTS (20's & 30's) Meditation 7:30p Chakra Med. - Jyoti</p> | <p>30 9:00a TAI CHI - Janna <i>(10a Advanced Tai Chi)</i> 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 6:00-7:15p YOGA - Roya 7:30p OSHO Med. - Ana</p> | <p>31 Halloween 11:30a Laughter - Jyoti 12:00-12:45p Zen-to-Go 2p Sound Med. - Jodi R. 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7-9p BUDDHISM - Tashi</p> | <p>(1)</p> <p>7:00p First Fridays Monthly DRUM Circle - Dorayne Breedlove</p> | <p>(2)</p> <p>9:00a-12:30p YOGA & MEDITATION Retreat - Andy & ChiSing</p> <p>2:00-6:00p Workshop: BEGINNERS Meditation - Brother ChiSing</p> |