

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>7:00p First Fridays Monthly DRUM Circle - Dorayne Breedlove (also on December 6)</p>	<p><b>2</b></p> <p><b>9:00a-12:30p YOGA &amp; MEDITATION Retreat - Andy &amp; ChiSing (also on December 7)</b></p> <p><b>2:00-6:00p Workshop: BEGINNERS Meditation - Brother ChiSing (also on December 7)</b></p>
<p><b>3</b> ●</p> <p>2:30p <i>Meditación español</i></p> <p><b>5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing</b></p>	<p><b>4</b></p> <p><b>12:00-12:45p Zen-to-Go</b> 2:00-3:15p YOGA - Andy 6:00p TAI CHI - Janna 7:30p QIGONG - Jyoti 7:30p Yoga/Med. - Kamal</p>	<p><b>5</b></p> <p><b>12:00-12:45p Zen-to-Go</b> 6:30p Sound Healing-Jodi <b>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</b> 7:30p Chakra Med. - Jyoti</p>	<p><b>6</b></p> <p>9:00a TAI CHI - Janna <b>12:00-12:45p Zen-to-Go</b> 2:00-3:15p YOGA - Andy 6:00-7:15p YOGA - Roya <b>7-9p Thich Nhat Hanh</b> 7:30p OSHO Med. - Ana</p>	<p><b>7</b></p> <p><b>9:30a PILATES - Karina</b> 11:30a Laughter - Jyoti <b>12:00-12:45p Zen-to-Go</b> 2p Sound Med. - Jodi R. <b>6:00-6:45p Zen-to-Go</b> 7:00-8:15p YOGA - Andy 7-9p BUDDHISM - Tashi</p>	<p><b>8</b></p> <p>7:00-9:30p Peace Is In Our Hands - Ana S.</p>	<p><b>9</b></p> <p>10:00a-12:30p REIKI 2:00-4:00p Grounds for Life - Dennis Grounds 5:00-9:00p FLUTE Circle</p>
<p><b>10</b></p> <p>2:30p <i>Meditación español</i></p> <p><b>5-7p AWAKENING HEART (this is our large main Meditation service) - Sr. Terry Cortes-Vega</b></p>	<p><b>11</b></p> <p>9:00a YOGA - Lauren <b>9:30a PILATES - español</b> <b>12:00-12:45p Zen-to-Go</b> 2:00-3:15p YOGA - Andy <b>6:30p PILATES - Karina</b> 7:30p QIGONG - Jyoti 7:30p Yoga/Med. - Kamal</p>	<p><b>12</b></p> <p><b>12:00-12:45p Zen-to-Go</b> 6:30p Sound Healing-Jodi <b>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</b> 7:30p Chakra Med. - Jyoti</p>	<p><b>13</b></p> <p><b>12:00-12:45p Zen-to-Go</b> 2:00-3:15p YOGA - Andy 6:00-7:15p YOGA - Roya <b>7-9p Thich Nhat Hanh</b> 7:30p OSHO Med. - Ana</p>	<p><b>14</b></p> <p><b>9:30a PILATES - Karina</b> 11:30a Laughter - Jyoti <b>12:00-12:45p Zen-to-Go</b> 2p Sound Med. - Jodi R. <b>6:00-6:45p Zen-to-Go</b> 7:00-8:15p YOGA - Andy 7-9p BUDDHISM - Tashi</p>	<p><b>15</b></p> <p>7:30p Gateway to Gratitude - Christine W.</p>	<p><b>16</b></p> <p>9a Hemi-Sync Astral Projection Meditation <b>2-5p PEOPLE of COLOR Retreat - ChiSing, etc.</b> 7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)</p>
<p><b>17</b> ○</p> <p>2:30p <i>Meditación español</i></p> <p><b>5-7p "Three Refuges &amp; Blessings Ceremony" @ AWAKENING HEART - Brother ChiSing &amp; Ven. Tashi Nyima</b></p>	<p><b>18</b></p> <p>9:00a YOGA - Lauren <b>9:30a PILATES - español</b> <b>12:00-12:45p Zen-to-Go</b> 2:00-3:15p YOGA - Andy 6:00p TAI CHI - Janna <b>6:30p PILATES - Karina</b> 7:30p QIGONG - Jyoti 7:30p Yoga/Med. - Kamal</p>	<p><b>19</b></p> <p><b>12:00-12:45p Zen-to-Go</b> 6:30p Sound Healing-Jodi <b>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</b> 7:30p Chakra Med. - Jyoti</p>	<p><b>20</b></p> <p>9:00a TAI CHI - Janna <b>12:00-12:45p Zen-to-Go</b> 2:00-3:15p YOGA - Andy 6:00-7:15p YOGA - Roya <b>7-9p Thich Nhat Hanh</b> 7:30p OSHO Med. - Ana</p>	<p><b>21</b></p> <p><b>9:30a PILATES - Karina</b> 11:30a Laughter - Jyoti <b>12:00-12:45p Zen-to-Go</b> 2p Sound Med. - Jodi R. <b>6:00-6:45p Zen-to-Go</b> 7:00-8:15p YOGA - Andy 7-9p BUDDHISM - Tashi</p>	<p><b>22</b></p> <p>8:00p Music Concert - Cornell Kinderknecht &amp; Randy Granger</p>	<p><b>23</b></p> <p>10:00a-5:00p Heart Sutra Retreat -Tashi Nyima 7:00-8:30p Nayaswami Asha: Your Life Lessons</p>
<p><b>24</b></p> <p>2:30p <i>Meditación español</i></p> <p><b>5-7p "Maha-Sangha" @ AWAKENING HEART (bring your children early) - Brother ChiSing</b> <b>7p Thanksgiving Dinner</b> 7:30p TaKeTiNa -Michael</p>	<p><b>25</b></p> <p>9:00a YOGA - Lauren <b>9:30a PILATES - español</b> <b>12:00-12:45p Zen-to-Go</b> 2:00-3:15p YOGA - Andy 6:00p TAI CHI - Janna <b>6:30p PILATES - Karina</b> 7:30p QIGONG - Jyoti 7:30p Yoga/Med. - Kamal</p>	<p><b>26</b></p> <p><b>12:00-12:45p Zen-to-Go</b> 6:30p Sound Healing-Jodi <b>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</b> 7:30p Chakra Med. - Jyoti</p>	<p><b>27</b></p> <p>9:00a TAI CHI - Janna <b>12:00-12:45p Zen-to-Go</b> 2:00-3:15p YOGA - Andy 6:00-7:15p YOGA - Roya <b>7-9p Thich Nhat Hanh</b></p>	<p><b>28</b></p> <p><b>Happy Vegetarian Thanksgiving</b></p>	<p><b>29</b></p> <p>6:30-7:30p Intro to Beyond Recovery - Bryan Crusius</p>	<p><b>30</b></p> <p>11:00-12:30p Beyond Recovery - Bryan Crusius 6:30-8:30p Gateway to Gratitude - Christine W. 7:00-9:00p Shamanic Journey - Ana Shoemaker</p>

## Weekly Classes @ DALLAS MEDITATION CENTER

### Sunday

2:30 – 4:45pm Sangha del Lotus (meditacion en espanol) - Tashi

<b>5:00 – 7:00pm</b>	<b>* AWAKENING HEART (our main meditation service) - Brother ChiSing &amp; mindful zen community *</b>
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### Monday

9:00 – 10:15 am Yoga - Lauren  
9:30 – 10:30 Pilates (en espanol) - Karina  
12:00 – 12:45 pm Zen-to-Go noon meditation  
2:00 – 3:15 pm Yoga - Andy  
6:00 – 7:00 pm Tai Chi - Janna  
6:30 – 7:30 pm Pilates (in English) - Karina  
7:30 – 8:30 pm QiGong - Jyoti  
7:30 – 9:00 pm Yoga/Meditation - Kamal

### Tuesday

12:00 – 12:45 pm Zen-to-Go noon meditation  
6:30 – 7:30 pm Sound Healing - Jodi  
7:00 – 9:00 pm YES Young Adults Meditation (20's & 30's)  
7:30 – 8:30 pm Chakra Meditation - Jyoti

### Wednesday

9:00 – 10:00a m Tai Chi - Janna  
10:00 – 11:00 am Advanced Tai Chi - Janna  
12:00 – 12:45 pm Zen-to-Go noon meditation  
2:00 – 3:15 pm Yoga - Andy  
6:00 – 7:15 pm Yoga - Roya  
7:00 – 9:00 pm Interbeing Sangha (Thich Nhat Hanh)  
7:30 – 8:30 pm Osho Meditation - Ana

### Thursday

9:30 – 10:30 am Pilates - Karina  
11:30 – 12:00 noon Laughter Yoga - Jyoti  
12:00 – 12:45 pm Zen-to-Go noon meditation  
2:00 – 3:00 pm Sound Meditation - Jodi  
6:00 – 6:45 pm Zen-to-Go eve. meditation  
7:00 – 8:15 pm Yoga - Andy  
7:00 – 9:00 pm Way of the Bodhisattva - Tashi