


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm</p>	<p>Director: Brother ChiSing</p> <p>Assistant: Bobbie Perkins</p> <p>Communications: Cornell Kinderknecht</p>	<p>***Office Studio Space for Lease at the DMC.***</p> <p>Practitioners & professionals to lease office spaces located within the building. PLEASE CONTACT US FOR A TOUR</p>				<p>1</p>
<p>2</p> <p>2:30-4:45p <i>Meditación español – Tashi</i></p> <p>5-7p AWAKENING HEART Meditation</p>	<p>3</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p <i>YOGA – Andy</i></p> <p>6:00p <i>TAI CHI – Janna</i></p> <p>7:00 – UA Meeting</p> <p>7:30-9:30p 7 Week Med. Series – Br. ChiSing</p>	<p>4</p> <p>12:00-12:45p Zen-to-Go</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p> <p>7:30p Chakra Meditation Series - Jyoti</p>	<p>5</p> <p>9:00a <i>TAI CHI – Janna</i></p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p <i>YOGA – Andy</i></p> <p>6:00-7:15P <i>YOGA – Roya</i></p> <p>7-9p InterBeing Sangha</p>	<p>6</p> <p>12:00-12:45p Zen-to-Go</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p <i>YOGA – Andy</i></p> <p>7-9p Buddhist Teachings & Practices–Tashi</p>	<p>7</p> <p>7:00p Drum Circle (1st Friday) - Dorayne</p>	<p>8</p> <p>9:00a-12:30p Yoga & Med. Retreat–Br. ChiSing & Andy</p> <p>10:00a-12:30p – Reiki</p> <p>1:00-4:00p Tibetan Bowl Workshop – Jodi</p> <p>2:00-6:00p Workshop: Beginners Meditation – Brother ChiSing</p>
<p>9</p> <p>2:30-4:45p <i>Meditación español – Tashi</i></p> <p>5-7p AWAKENING HEART (main Meditation service) LUNAR NEW YEAR celebration - Br. ChiSing, Tashi, others Potluck after Sangha</p>	<p>10</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p <i>YOGA – Andy</i></p> <p>6:00p <i>TAI CHI – Janna</i></p> <p>7:00 – UA Meeting</p> <p>7:30-9:30p 7 Week Med. Series – Br. ChiSing</p>	<p>11</p> <p>12:00-12:45p Zen-to-Go</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p> <p>7:30p Chakra Meditation Series - Jyoti</p>	<p>12</p> <p>9:00a <i>TAI CHI – Janna</i></p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p <i>YOGA – Andy</i></p> <p>6:00-7:15P <i>YOGA – Roya</i></p> <p>7-9p InterBeing Sangha</p> <p>7:30-8:40p <i>Active Meditation - Ana</i></p>	<p>13</p> <p>12:00-12:45p Zen-to-Go</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p <i>YOGA – Andy</i></p> <p>7-9p Buddhist Teachings & Practices –Tashi</p>	<p>14</p> <p>7:30p Ancient Sounds – Modern Vision Concert – Steve Daniel & Jodi Roberts</p>	<p>15</p> <p>9:30a-12:30p Didgeridoo Basics Workshop – Steve Daniel</p> <p>7:30-9p Channeling “Jacob” - Bobbie</p>
<p>16</p> <p>2:30-4:45p <i>Meditación español – Tashi</i></p> <p>5-7p AWAKENING HEART (this is our large main Meditation service)</p>	<p>17</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p <i>YOGA – Andy</i></p> <p>6:00p <i>TAI CHI – Janna</i></p> <p>7:00 – UA Meeting</p> <p>7:30-9:30p 7 Week Med. Series – Br. ChiSing</p>	<p>18</p> <p>12:00-12:45p Zen-to-Go</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p> <p>7:30p Chakra Meditation Series - Jyoti</p>	<p>19</p> <p>9:00a <i>TAI CHI – Janna</i></p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p <i>YOGA – Andy</i></p> <p>6:00-7:15P <i>YOGA – Roya</i></p> <p>7-9p InterBeing Sangha</p> <p>7:30-8:40p <i>Active Meditation - Ana</i></p>	<p>20</p> <p>12:00-12:45p Zen-to-Go</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p <i>YOGA – Andy</i></p> <p>7-9p Buddhist Teachings & Practices –Tashi</p>	<p>21</p> <p>7:30-9:00p The Lotus Assembly-Community of Healing and Consolation - Tashi</p>	<p>22</p> <p>7:30-9:00p Music, Meditation & Healing Concert– Cornell & Craig</p>
<p>23</p> <p>2:30-4:45p <i>Meditación español – Tashi</i></p> <p>5-7p AWAKENING HEART (this is our large main Meditation service)</p> <p>7:30-9p TaKeTiNa (4th Sunday) -Michael</p>	<p>24</p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p <i>YOGA – Andy</i></p> <p>6:00p <i>TAI CHI – Janna</i></p> <p>7:20 – UA Meeting</p> <p>7:30-9:30p 7 Week Med. Series – Bro. ChiSing</p>	<p>25</p> <p>12:00-12:45p Zen-to-Go</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p> <p>7:30p Chakra Meditation Series - Jyoti</p>	<p>26</p> <p>9:00a <i>TAI CHI – Janna</i></p> <p>12:00-12:45p Zen-to-Go</p> <p>2:00-3:15p <i>YOGA – Andy</i></p> <p>6:00-7:15P <i>YOGA – Roya</i></p> <p>7-9p InterBeing Sangha</p> <p>7:30-8:40p <i>Active Meditation - Ana</i></p>	<p>27</p> <p>12:00-12:45p Zen-to-Go</p> <p>6:00-6:45p Zen-to-Go</p> <p>7:00-8:15p <i>YOGA – Andy</i></p> <p>7-9p Buddhist Teachings & Practices –Tashi</p>	<p>28</p> <p>Your event could go here.</p>	<p>March 1</p>