

DALLAS MEDITATION CENTER ONE DHARMA

April 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm</p>	<p>Honor Mother Earth</p> 	<p>1</p> <p>12:00-12:45p ZEN-to-Go</p> <p>7:30p CHAKRA Breathing</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>2</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>7:30-9p INTERBEING Sangha</p>	<p>3</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>7-9p BUDDHIST Studies – Tashi</p>	<p>4</p> <p>7:00p DRUM Circle - Dorayne</p>	<p>5</p> <p>9:00a-12:30p YOGA & MED.. Retreat</p> <p>7:30-9p KIRTAN with Raghu & the Ananda community</p>
<p>6</p> <p>2:30-4:45p Meditación ESPANOL – Tashi</p> <p>5-7p AWAKENING HEART Meditation service - Brother ChiSing</p>	<p>7</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>7-8:30p – UA Meeting</p> <p>7:30-9p - MINDFUL Mondays</p>	<p>8</p> <p>12:00-12:45p ZEN-to-Go</p> <p>7:30p CHAKRA Breathing</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation Dharma Teacher Chan Huy</p>	<p>9</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>7:30-9p INTERBEING Sangha</p>	<p>10</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>7-9p BUDDHIST Studies – Tashi</p>	<p>11</p> <p>7:30-9p Music CONCERT - Cornell K & Julie Bonk</p>	<p>12</p> <p>10:00a-12:30p REIKI</p> <p>5-9p FLUTE CIRCLE</p>
<p>13</p> <p>2:30-4:45p Meditación ESPANOL – Tashi</p> <p>5-7p AWAKENING HEART Meditation service - Ven. Tashi Nyima</p>	<p>14</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 QIGONG - Janna</p> <p>7-8:30p – UA Meeting</p> <p>7:30-9p - MINDFUL Mondays</p>	<p>15 Full Moon</p> <p>12:00-12:45p ZEN-to-Go</p> <p>7:30p CHAKRA Breathing</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>16</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 Self Portrait: Embodied DANCE</p> <p>7:30-9p INTERBEING Sangha</p>	<p>17</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>7-9p BUDDHIST Studies – Tashi</p>	<p>18</p> <p>Your Event Could go Here</p> <p>7:30-9p Lotus HEALING Assembly -Tashi</p>	<p>19</p> <p>2:30-5:00p Hemi-Sync Meditation - Luis</p> <p>Your Event Could go Here</p> <p>7:30-9p CHANNELING "Jacob" - Bobbie</p>
<p>20 Easter</p> <p>2:30-4:45p Meditación ESPANOL – Tashi</p> <p>5-7p AWAKENING HEART Meditation service MAHA SANGHA – Br. ChiSing & others</p> <p>7:00 - 8:00p POTLUCK</p> <p>7:30-9:30pm SHAMANIC Journey Circle</p>	<p>21</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 QIGONG - Janna</p> <p>7-8:30p – UA Meeting</p> <p>7:30-9p - MINDFUL Mondays</p>	<p>22 Earth Day</p> <p>12:00-12:45p ZEN-to-Go</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>23</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 Self Portrait: Embodied DANCE</p> <p>7:30-9p INTERBEING Sangha</p>	<p>24</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>7-9p BUDDHIST Studies – Tashi</p>	<p>25</p> <p>8:00p Women's "me-treat" overnight retreat at DMC</p>	<p>26</p> <p>7:00a Women's "me-treat" breakfast</p> <p>10-11:30a Yoga, Breath & Sound - Andy & Niko</p>
<p>27</p> <p>2:30-4:45p Meditación español – Tashi</p> <p>5-7p Awakening Heart Meditation service Julie Ryan</p> <p>7:30-9p TaKeTiNa (4th Sundays) -Michael</p>	<p>28</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>7:00p QIGONG - Janna</p> <p>7-8:30p – UA Meeting</p> <p>7:30-9p - MINDFUL Mondays</p>	<p>29 New Moon</p> <p>12:00-12:45p ZEN-to-Go</p> <p>7:30p CHAKRA Breathing</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>30</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 Self Portrait: Embodied DANCE</p> <p>7:30-9p INTERBEING Sangha</p>	<p>1</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>7-9p BUDDHIST Studies – Tashi</p>	<p>2</p> <p>7:00p 1st Fri. DRUM Circle</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. PLEASE CONTACT US FOR A TOUR</p>		<p>DALLAS MEDITATION CENTER 727 S. Floyd Rd., Richardson, TX 75080. Info@AwakeningHeart.org (972) 432-7871 www.DallasMeditationCenter.com</p>				