


DALLAS MEDITATION CENTER (One Dharma)

JULY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm (972) 432-7871 727 S. Floyd Rd., Richardson, TX 75080</p>		<p>1 9:30-10:15a YOGA for Emotional Health - Tziviva 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Royya 7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>2 9:00-10:00a TAI CHI all levels 10-11a TAI CHI adv. - Janna 12:00-12:45p ZEN-to-Go 2:00 - 3:15p YOGA - Andy 7:30-8:30p INSPIRED - Jyoti 7:30-9:00p INTERBEING Sangha</p>	<p>3 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy 7:00-9:00p BUDDHIST Studies - Tashi</p>	<p>4 Independence Day 9:30-10:15a YOGA for Emotional Health - Tziviva</p>	<p>5</p>
<p>6 2:30-4:45p - Meditación ESPANOL - Tashi 5-7p Awakening Heart Meditation service Ven. Tashi Nyima 7:30-9:30p Shamanic Journey Circle - Dorayne</p>	<p>7 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 7:30-9p MINDFUL Mondays -Move Meditation</p>	<p>8 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Royya 7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>9 12:00-12:45p ZEN-to-Go 2:00 - 3:15p YOGA - Andy 7:30-8:30p INSPIRED - Jyoti 7:30-9:00p INTERBEING Sangha</p>	<p>10 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy 7:00-9:00p BUDDHIST Studies - Tashi</p>	<p>11 9:30-10:15a YOGA for Emotional Health - Tziviva 7:30-9p Music Meditation & Healing Concert - Cornell Kinderknecht & Craig Shropshire</p>	<p>12 Full Moon 9:00a-12:30p YOGA & MEDITATION Retreat 10:00a-12:30p REIKI 2:00-3:30p CRYSTAL BOWL-Healing Meditation - Bryan 5-9p FLUTE CIRCLE</p>
<p>13 2:30-4:45p - Meditación ESPANOL - Tashi 5-7p Awakening Heart Meditation service Dharma Teacher-Terry Cortes-Vega</p>	<p>14 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:30-9p MINDFUL Mondays -Move Meditation</p>	<p>15 9:30-10:15a YOGA for Emotional Health - Tziviva 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Royya 7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>16 9:00-10:00a TAI CHI all levels 10-11a TAI CHI adv. - Janna 12:00-12:45p ZEN-to-Go 2:00 - 3:15p YOGA - Andy 7:30-8:30p INSPIRED - Jyoti 7:30-9:00p INTERBEING Sangha</p>	<p>17 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy 7:00-9:00p BUDDHIST Studies - Tashi</p>	<p>18 9:30-10:15a YOGA for Emotional Health - Tziviva Your Event Could Go Here 7:00-9:00p CLEARING & RELEASING - Lona & Tricia 7:30-9p Lotus HEALING Assembly - Tashi</p>	<p>19 1:00-4p Temple of DREAM Healing - Valley Reed 2:30-5:00p HEMI-SYNC Meditation - Luis 7:30-9p CHANNELING "Jacob" - Bobbie</p>
<p>20 9:30a-5:30p Access Bars Practitioner DE-STRESS! 2:30-4:45p - Meditación ESPANOL - Tashi 5-7p Awakening Heart Meditation service - Helen Cortez (Zen Teacher, Maria Kannon Zen Center)</p>	<p>21 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:30-9p MINDFUL Mondays -Move Meditation</p>	<p>22 9:30-10:15a YOGA for Emotional Health - Tziviva 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Royya 7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>23 9:00-10:00a TAI CHI all levels 10-11a TAI CHI adv. - Janna 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 7:30-8:30p INSPIRED - Jyoti 7:30-9:00p INTERBEING Sangha</p>	<p>24 9:30a-5:30p Access Bars Practitioner DE-STRESS! (7/24-28) 9:30a-5:30p UNPLUG and Transform 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy 7:00-9:00p BUDDHIST Studies - Tashi</p>	<p>25 9:30-10:15a YOGA for Emotional Health - Tziviva (7/24-28) 9:30a-5:30p UNPLUG and Transform 7:30p CRYSTAL BOWL & Didgeridoo Meditation - Bryan</p>	<p>26 New Moon (7/24-28) 9:30a-5:30p UNPLUG and Transform 10-11:30a YOGA, Breath & Sound - Andy & Niko 7:30-9:00p KIRTAN - Raghu & Ananda community</p>
<p>27 (7/24-28) 9:30a-5:30p UNPLUG and Transform 2:30-4:45p - Meditación ESPANOL - Tashi 5-7p Awakening Heart Meditation service Cornell & Bobbie (Awakening Heart Facilitators) + Potluck 7:30-9p TaKeTiNa - Michael</p>	<p>28 (7/24-28) 9:30a-5:30p UNPLUG and Transform 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 7:30-8:30p QIGONG - Janna</p>	<p>29 9:30-10:15a YOGA for Emotional Health - Tziviva 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Royya 7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>30 9:00-10:00a TAI CHI all levels 10-11a TAI CHI adv. - Janna 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 7:30-8:30p INSPIRED - Jyoti 7:30-9:00p INTERBEING Sangha</p>	<p>31 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy 7:00-9:00p BUDDHIST Studies - Tashi</p>		<p>Director: Brother ChiSing Manager: Bobbie Perkins Assistant: Ana Shoemaker Communicators: Cornell Kinderknecht</p>