

# DALLAS MEDITATION CENTER (One Dharma)

# SEPTEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 Labor Day</b> <b>Office Closed</b> 10:00-11:15a ReflexASANA - Tzivia 2:00-3:15p YOGA - Tzivia 6:00-7:00p TAI CHI - Janna 7:30-8:30p QIGONG - Janna	<b>2</b> 7:30-8:30 Meditation - Vanessa 9:30-10:15a YOGA -Tzivia 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Royce 7-9p YOUNG ADULTS (20's & 30's) Meditation	<b>3</b> 7:30-8:30 Meditation - Vanessa 9:00-10:00a TAI CHI 12:00-12:45p ZEN-to-Go 2:00 - 3:15p YOGA - Andy 7:30-9:00p INTERBEING Sangha	<b>4</b> 7:30-8:30 Meditation - Vanessa 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy 7:00-9:00p Stages of the Buddhist Path - Tashi Nyima	<b>5</b>	<b>6</b> 9:00a-12:30p YOGA & MEDITATION Retreat 2:00-5:30p BEGINNERS Meditation workshop 7:00p DRUM Circle - Dorayne
<b>7</b> 2:30-5:00p Sangha del Loto - Tashi Nyima 5:00-7:00p AWAKENING HEART Meditation service Helen Cortes - Director MKZC 7:30-8:30p DINNER talk - June	<b>8</b> 12-12:45 ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 6:15 SloMo YOGA - Tzivia 7:30-8:30p QIGONG - Janna	<b>9 Full Moon</b> 7:30-8:30a Meditation - Vanessa 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Royce 7-9p YOUNG ADULTS (20's & 30's) Meditation	<b>10</b> 7:30-8:30 Meditation - Vanessa 9:00-10:00a TAI CHI 12:00-12:45p ZEN-to-Go 2:00 - 3:15p YOGA - Andy 7:30-9:00p INTERBEING Sangha	<b>11</b> 7:30-8:30 Meditation - Vanessa 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy 7:00-9:00p Stages of the Buddhist Path - Tashi Nyima	<b>12</b> 7:30-9:00p Bowls/Digeredoo Meditation - Bryan & Josh	<b>13</b> 10:00a-12:30p REIKI 1:00-4p TaKeTiNa Practice group- Michael 4:30-6:30p -Trinity Energy Progression™ 5-9p FLUTE CIRCLE
<b>14</b> 2:30-5:00p Sangha del Loto - Tashi Nyima 5:00-7:00p AWAKENING HEART Meditation service- Br. ChiSing (his 45th birthday party) -Buddha's Essential Teachings: The Eightfold Path of Enlightenment. Sangha meeting in Kitchen 7:30-9p TaKeTiNa - Michael	<b>15</b> 12-12:45 ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 6:15 SloMo YOGA - Tzivia 7:30-8:30p QIGONG - Janna	<b>16</b> 7:30-8:30a Meditation - Vanessa 12:00-12:45p ZEN-to-Go 7:30p - Learn Native American FLUTE L1 Series - Cornell 7-9p YOUNG ADULTS (20's & 30's) Meditation	<b>17</b> 7:30-8:30 Meditation - Vanessa 9:00-10:00a TAI CHI 12:00-12:45p ZEN-to-Go 2:00 - 3:15p YOGA - Andy 7:30-9:00p INTERBEING Sangha	<b>18</b> 7:30-8:30 Meditation - Vanessa 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy 7:00-9:00p Stages of the Buddhist Path - Tashi Nyima	<b>19</b> 7:30-9p Healing and Memorial Service - Tashi Nyima	<b>20</b> 10:00a-4:00p DMC HEALTH FAIR & RUMMAGE SALE 11a-4p Awakening Your Spirit ART Fest 7:30p Bowls/Digeredoo Meditation Benefit- Bryan & Josh
<b>21</b> 2:30-5:00p Sangha del Loto - Tashi Nyima 5:00-7:00p AWAKENING HEART Meditation service- Br. ChiSing Buddha's Essential Teachings: Meditation as Mindfulness, Concentration and Insight. Autumn Equinox potluck Dinner 7:30-9:30p Shamanic Journey Circle - Dorayne	<b>22</b> 12-12:45 ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 6:15 SloMo YOGA - Tzivia 7:30-8:30p QIGONG - Janna	<b>23 Autumn Equinox</b> 7:30-8:30a Meditation - Vanessa 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Royce 7-9p YOUNG ADULTS (20's & 30's) Meditation	<b>24 New Moon</b> 7:30-8:30 Meditation - Vanessa 12:00-12:45p ZEN-to-Go 2:00 - 3:15p YOGA - Andy 7:30-9:00p INTERBEING Sangha	<b>25</b> 7:30-8:30 Meditation - Vanessa 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy 7:00-9:00p Stages of the Buddhist Path - Tashi Nyima	<b>26</b>	<b>27</b> Your Event Could Go Here 6:30-8:00p Crystal Bowl Meditation - Bryan
<b>28</b> 2:30-5:00p Sangha del Loto - Tashi Nyima 5:00-7:00p AWAKENING HEART Meditation service Terry Cortes-Vega (Thich Nhat Hanh Dharma Teacher) Buddha's Essential Teachings: The Five Mindfulness Trainings	<b>29</b> 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 6:15 SloMo YOGA - Tzivia 7:30 Chair YOGA- Tzivia	<b>30</b> 7:30-8:30a Meditation - Vanessa 12:00-12:45p ZEN-to-Go 2:00-3:15p Gentle YOGA - Royce 7-9p YOUNG ADULTS (20's & 30's) Meditation			<b>DMC Office Hours:</b> Mondays – Thursdays 11:00 am - 4:00 pm (972) 432-7871	Director: Brother ChiSing Manager: Bobbie Perkins Communicatoins: Cornell Kinderknecht DallasMeditationCenter.com