

# BEGINNER'S MEDITATION WORKSHOP



*A workshop open to all who wish to experience the peace and joy of mindfulness and meditation.*

**SATURDAY, October 4, 2014**  
**2:00 - 5:30PM**

- Sitting meditation
- Walking meditation
- Lying down meditation
- Teachings/Q & A
- Sharing & Discussion

Facilitated by **Bobbie Perkins**

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**Bobbie Perkins** is the manager of the Dallas Meditation Center, meditation facilitator, founder of DMC's Interbeing Sangha and current aspirant of **Thich Nhat Hanh's** Order of Interbeing.



Location:

**Dallas Meditation Center**

727 S. Floyd Rd  
Richardson, TX 75080  
[www.AwakeningHeart.org](http://www.AwakeningHeart.org)

**Class Fee: \$40-\$60**  
(class limited to 16 people)

**Please register online by Friday, September 5**

**What to bring:**

- \* Notebook and a pen for notes.
- \* Optional bottle of water

**What to wear:**

- \* Comfortable, loose fitting clothing.
- \* Socks (we'll have our shoes off).

