

DALLAS MEDITATION CENTER (One Dharma)

NOVEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AWAKENING HEART NOV. THEME: "Essential Buddhist Teachings for Happiness, Enlightenment and World Peace."		DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm	Director: Brother ChiSing Manager: Bobbie Perkins Communicatoins: Cornell Kinderknecht			1 9:00a-12:30p YOGA & MEDITATION Retreat 2:00-5:30p BEGINNERS Meditation workshop
2 Daylight Savings 12:30-2:00p Crystal Bowl Meditation - Bryan 2:30-5:00p Sangha del Loto - Tashi Nyima 5:00-7:00p AWAKENING HEART Meditation service - Br. ChiSing Music: Cornell Kinderknecht and Don Vitsentzos	3 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	4 12:00-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation	5 9:00-10:00a TAI CHI 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:15p MOVE Meditation - Ana 7:30-9:00p INTERBEING Sangha	6 Full Moon 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	7 Your Event Could Go Here 7:00p DRUM Circle - Dorayne	8 10:00a-12:30p REIKI 1:00-4:00p TaKeTiNa - Michael 7:30p Music Concert - Cornell K and Don Vitsentzos
9 12:30-2:00p Crystal Bowl Meditation - Bryan 2:30-5:00p Sangha del Loto - Tashi Nyima 5:00-7:00p AWAKENING HEART Meditation service - Br. ChiSing Bobbie Perkins Music: Michael Kenny 7:30-9p TaKeTiNa - Michael	10 12-12:45 ZEN-to-Go 2:00-3:15p YOGA - Andy 6:30 SloMo YOGA - Tzivia	11 Veterans Day 12:00-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation	12 9:00-10:00a TAI CHI 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:15p MOVE Meditation - Ana 7:30-8:30p Qigong - Janna 7:30-9:00p INTERBEING Sangha	13 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	14 Your Event Could Go Here 7:30-9:00p DYNAMIC Active Meditation - Ana	15 10:00-1:00p EFT - Bryan Crusius 2:30-5:00p HEMI-SYNC Meditation - Luis 7:30-9:30p CELEBRATION OF CHANGE - ONE VOICE, ONE HEART, ONE LIFE - DMC Fund-raising concert at CSL
16 12:30-2:00p Crystal Bowl Meditation - Bryan 2:30-5:00p Sangha del Loto - Tashi Nyima 5:00-7:00p AWAKENING HEART Meditation service - "Thich Nhat Hanh" Terry Cortes-Vega and Br. ChiSing. Music: Kerri Arista	17 12-12:45 ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 6:30 SloMo YOGA - Tzivia 7:30-8:30p QIGONG - Janna 7:30-9:30p Happy, Healthy, Whole - Br. ChiSing	18 12:00-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation	19 9:00-10:00a TAI CHI 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:15p MOVE Meditation - Ana 7:30-9:00p INTERBEING Sangha	20 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy	21 Your Event Could Go Here 7:30-9p Lotus HEALING Assembly - Tashi	22 New Moon 9:00a-5:30p INFUSED Lifeforce Energy - Bryan Crusius Your Event Could Go Here
23 12:30-2:00p Crystal Bowl Meditation - Bryan 2:30-5:00p Sangha del Loto - Tashi Nyima 5:00-7:00p AWAKENING HEART THANKSGIVING CELEBRATION - Br. ChiSing Music: Cynthia Stuart Vegetarian DINNER Catered 7:30-9p TaKeTiNa - Michael	24 12-12:45 ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 6:30 SloMo YOGA - Tzivia 7:30-8:30p QIGONG - Janna 7:30-9:00pm Happy, Healthy, Whole/Our Sacred EARTH - Ana	25 12:00-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation	26 9:00-10:00a TAI CHI 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy	27 Thanksgiving DMC closed	28 Your Event Could Go Here 7:30-9:00p CHANNELING Spiritual Wisdom - Bobbie	29 Your Event Could Go Here 7:30-9p Crystal Bowl/Didgeredoo Meditation - Bryan & Josh
30 2:30-4:45p Meditación ESPANOL – Tashi 5:00-7:00p AWAKENING HEART Meditation service - Br. ChiSing & Veronica Valles, Music: Robin Hackett 7:30-9:30p Shamanic Journey Circle - Dorayne		DALLAS MEDITATION CENTER 727 S. Floyd Rd., Richardson, TX 75080. Please subscribe to our Newsletter & Like Facebook for the most updated Special events: Facebook.com/DallasMeditationCenter (972) 432-7871 www.DallasMeditationCenter.com				

-AWAKENING HEART-

October - November 2014

SPECIAL DMC EVENTS - please see website for full list and description of all upcoming events

(Pre-Registration Required)

- **Yoga & Meditation Retreat with Brother ChiSing and Andy McDonald (9am - 12:30pm) - Saturday, November 1**
- **Beginner's Meditation Workshop with Brother ChiSing and Bobbie Perkins (2:00 - 5:30pm) - Saturday, November 1**

Dallas Meditation Center Relocation **BENEFIT CONCERT:**

A CELEBRATION OF CHANGE

ONE VOICE, ONE HEART, ONE LIFE

Saturday, November 15, 2014 @ 7:30PM

Hosted by **CENTER FOR SPIRITUAL LIVING • Dallas, Texas**

A concert experience featuring Classical, spiritual, popular, and interactive music performances

GET TICKETS NOW at

WWW.DALLASMEDITATIONCENTER.COM

*** SUNDAYS (5:00 - 7:00 pm) ***

ALL ARE WELCOME!

"AWAKENING HEART" (Community of Mindful Living) – Facilitated by Brother ChiSing & others, this Interfaith Buddhist Meditation Community (*inspired by the teachings and practices of Thich Nhat Hanh and other great spiritual teachers*) is our largest main meditation gathering of the week (*40+ persons*) with walking and sitting meditations, kirtan chanting & music, inspiring messages, and community sharing (*open to all levels of meditation experience, both beginners and more experienced meditators*). *Childcare every Sunday.

Fall Series Dharma Theme: "Essential Buddhist Teachings for Happiness, Enlightenment and World Peace."

November 2 - Speaker: Brother ChiSing (Spiritual Director, Interfaith Buddhist)
Music: Cornell Kinderknecht and Don Vitsenzos

November 9 - Speaker: Brother ChiSing (Spiritual Director, Interfaith Buddhist)
Music: Michael Kenny

November 16 - Facilitator: Brother ChiSing (Spiritual Director, Interfaith Buddhist)
Speaker: Terry Cortes-Vega (Dharma Teacher, Thich Nhat Hanh tradition)

TUESDAYS (7:00 - 9:00 pm) - **Young Enlightened Souls (YES)** - A meditation/study group of young adults (20s and 30s) who come together to support one another on the path to Awakening through walking and sitting meditation, study and discussion. Facilitated by trained YES members and invited guests.
suggested donation: \$10-\$25

WEDNESDAYS (7:30 - 9:00 pm) - **Interbeing Sangha** - Facilitated by Bobbie Perkins and other trained sangha facilitators. A meditation group practicing and studying the teachings of Thich Nhat Hanh. • Two sitting meditations • Walking meditation • Singing/chanting • A dharma talk or study. *suggested donation: \$10-\$25*

VOLUNTEER OPPORTUNITIES - The Dallas Meditation Center is a very active place with hundreds of people coming through our doors during the week. Providing a calm, peaceful space makes the DMC an oasis in the midst of an often chaotic world. Many seemingly ordinary tasks are required to create the calm, peaceful oasis we all enjoy. You are invited to help with any of those "ordinary" tasks that you might have time to do during the week. Just come to the DMC during office hours and Bobbie will show you what to do. Office hours are Monday - Thursday, 11:00am - 4:00pm. You can also call 972-432-7871 if you'd like to schedule a time outside of office hours. Thank you!

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