

BEGINNER'S MEDITATION WORKSHOP



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



SATURDAY, February 7, 2015

Choose your session:

- **Morning: 9:30AM – 1:00PM**
- **Afternoon: 2:00 – 5:30PM**

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

Facilitated by Bobbie Perkins

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

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

Please register online by Friday, Feb. 6

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).

