

# BEGINNER'S MEDITATION WORKSHOP



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



**SATURDAY, March 7, 2015**  
• **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.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com)

**Class Fee: \$45 prepaid / \$60 at the door**  
(class limited to 16 people)

**Please register online by Friday, Mar. 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).

