


DALLAS MEDITATION CENTER

MARCH 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 12:30-2p Crystal Bowls - Bryan 5-7p AWAKENING HEART (our main Meditation service) Brother ChiSing "The 1st of the 5 Mindfulness Trainings - REVERENCE FOR LIFE"	2 12-12:45 ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:30p DMC MOVIE NIGHT "The Power of the Heart"	3 12:00-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation	4 9:00-10:00a TAI CHI - Janna 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy	5 <i>Full Moon</i> <i>Snow Day</i>	6 7:00p DRUM Circle - Dorayne	7 9:00a-12:30p YOGA & MEDITATION Retreat - Andy 2-5:30p BEGINNERS Meditation workshop - Brother Chising
8 <i>Daylight Savings</i> 12:30-2p Crystal Bowls - Bryan 5-7p AWAKENING HEART (our main Meditation Service) Terry Cortes-Vega: "The Three Refuge Jewels of BUDDHA, DHARMA & SANGHA" 7:30-9:00p TaKeTiNa - Michael	9 12-12:45 ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:30-9:30p Angels, Guides & Bodhisattvas - Brother ChiSing	10 12:00-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation	11 9:00-10:00a TAI CHI - Janna 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 7:30-9:00p INTERBEING Sangha - Bobbie Perkins	12 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy	13 7:30-9:00p Osho DYNAMIC Active Meditation - Ana	14 10:00a-12:30p REIKI 1:00-4:00p TaKeTiNa - Michael 5:00-9:00p FLUTE CIRCLE
15 12:30-2p Crystal Bowls - Bryan 5-7p AWAKENING HEART (our main Meditation service) Bobbie Perkins: "The 2nd of the 5 Mindfulness Trainings - TRUE HAPPINESS"	16 12-12:45 ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:30-9:30p Angels, Guides & Bodhisattvas - Brother ChiSing	17 <i>St. Patrick's Day</i> 12:00-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation	18 9:00-10:00a TAI CHI - Janna 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 7:30-9:00p INTERBEING Sangha - Bobbie Perkins	19 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-8:15p YOGA - Andy 7:00-9:00p Perdonar - Tessie Santiago	20 <i>Equinox/ New Moon</i> 7:30-9p CHANNELING "Jacob" - Bobbie Perkins	21 10a-11:30p Yoga, Breath & Sound - Andy & Niko 7-8:30p Crystal Bowl & Didge Meditation - Bryan & Josh
22 12:30-2p Crystal Bowls - Bryan 5-7p AWAKENING HEART (our main Meditation service) Brother ChiSing: "The 3rd of the 5 Mindfulness Trainings TRUE LOVE" 7:30-9:00p TaKeTiNa - Michael	23 12-12:45 ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:30-9:30p Angels, Guides & Bodhisattvas - Brother ChiSing	24 12:00-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation	25 9:00-10:00a TAI CHI - Janna 12:00-12:45p ZEN-to-Go 2:00-3:15p YOGA - Andy 7:30-9:00p INTERBEING Sangha Bobbie Perkins	26 12:00-12:45p ZEN-to-Go 6:00-6:45p ZEN-to-Go 7:00-9:00p Forgiveness 101 Tessie Santiago 7:00-8:15p YOGA - Andy	27 <i>Your Event Could Go Here</i>	28 2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins
29 12:30-2p Crystal Bowls - Bryan 5-7p AWAKENING HEART (our main Meditation service) Dr. Paula Joyce: "ENERGETIC HEALING"	30 12-12:45 ZEN-to-Go 2:00-3:15p YOGA - Andy 6:00-7:00p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:30-9:30p EMERGENCE (1/5) - Brother ChiSing	31 12:00-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation		Refuge, Interbeing, Mindfulness Trainings, and Thich Nhat Hanh	DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm (972) 432-7871 727 S. Floyd Rd., Richardson, TX 75080 DallasMeditationCenter.com	Director: Brother ChiSing Manager: Bobbie Perkins Communications: Cornell Kinderknecht

MARCH 2015 @ AWAKENING HEART

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

- **Yoga and Meditation Retreat** w/ Andy McDonald – Saturday, March 7. 9:00 am - 12:30 pm
- **Beginner's Meditation Workshop** with Bobbie Perkins – Saturday, March 28. 2:00-5:30 pm
- **"THE SEVEN LAWS OF EMERGENCE"** 5-Week Class Series w/ Brother ChiSing Mondays (starting on March 30). 7:30-9:30 pm

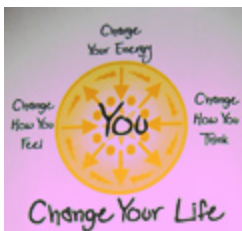
*** SUNDAYS (5:00 - 7:00 pm) ***

Free – ALL ARE WELCOME (donations appreciated)

"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 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.

MARCH theme: "Refuge, Interbeing, Mindfulness Trainings, and Thich Nhat Hanh"

- March 1** - Brother ChiSing (Spiritual Director, Interfaith Buddhist)
"The 1st of the Five Mindfulness Trainings - **Reverence for Life**"
- March 8** - Terry Cortes-Vega (Dharma Teacher, Thich Nhat Hanh)
"Three Refuge Jewels of the **Buddha, Dharma and Sangha**"
- March 15** - Bobbie Perkins (Aspirant, Order of Interbeing)
"The 2nd of the Five Mindfulness Trainings - **True Happiness**"
- March 22** - Brother ChiSing (Spiritual Director, Interfaith Buddhist)
"The 3rd of the Five Mindfulness Trainings - **True Love**"
- March 29** - Dr. Paula Joyce (Executive/Life Coach, Author, Artist) **"Energetic Healing"**



Near WACO, TX

EQUINOX WELLNESS WEEKEND

Friday PM - Sunday AM, **March 20-22**

Spring into Wellness 2015

Change your life. This Spring Create a Better You! Workshops on healthy eating, chair massage, gentle/stretching yoga, Usui reiki, meditation. Brother ChiSing will facilitate a morning workshop.

Call Rainbow Ranch at 888.875.7596 for details and reservations.

Location: Rainbow Ranch, 1662 LCR 800, Groesbeck, TX 76642



AUSTIN

Friday PM - Sunday AM, **April 3-5**

One Wild and Precious Life: Cultivating Your Personal Mindfulness Practice WEEKEND MINDFULNESS RETREAT in Austin, Texas

In the tradition of Thich Nhat Hanh. All are welcome!

Facilitated by Dharma teacher Terry Cortes-Vega.

Sponsored by Plum Blossom Sangha of Austin, TX.

Website for more information: www.PlumBlossomSangha.org

WWW.AWAKENINGHEART.ORG