

BEGINNER'S MEDITATION WORKSHOP



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



SATURDAY, May 16, 2015

• 10:00AM – 2:00PM

- 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.DallasMeditationCenter.com

Class Fee: \$50

(class limited to 16 people)

Register & pay online by Friday, May 15

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).

