

# BEGINNER'S MEDITATION WORKSHOP



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



**SATURDAY, Jan. 16, 2016**  
• **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 @ CSLDallas**

Center for Spiritual Living

International Place

4801 Spring Valley Rd, Ste 115

Dallas, TX 75244

[www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com)

**Class Fee: \$50**

(class limited to 16 people)

**Register & pay online by Friday, January 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).

