

BEGINNER'S MEDITATION WORKSHOP



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



SATURDAY, August 20, 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 Dallas Meditation Centers' Interbeing Sangha and current aspirant of **Thich Nhat Hanh's** Order of Interbeing.

Location:

Dallas Meditation Center @ CSLDallas

International Place

4801 Spring Valley Rd, Ste 115

Dallas, TX 75244

www.DallasMeditationCenter.com

Class Fee: \$60

(class limited to 16 people)

Register & pay online by Friday, August 19

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).

