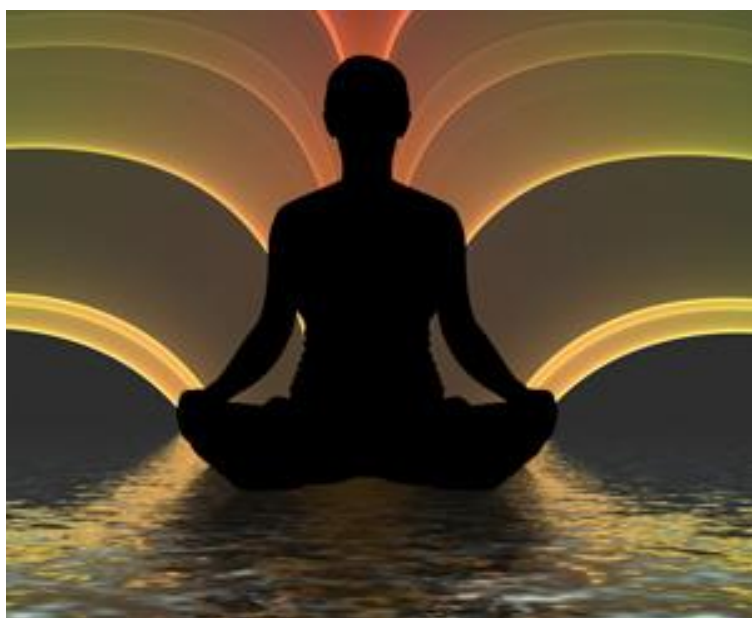


BEGINNER'S MEDITATION WORKSHOP



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



SATURDAY, Oct. 22, 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 @
Ananda Meditation & Yoga Center
4901 Keller Springs Rd., Ste 103
Addison, TX 75001
www.DallasMeditationCenter.com

Class Fee: \$60
(class limited to 16 people)

Register & pay online by Friday, Oct. 21

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).

