

# INSIGHT TO INTERBEING

## Afternoon of Mindfulness Retreat

Saturday, July 1, 2018 1:00 – 5:00 PM

*Find your true home in the present moment.*

Treat yourself to a heart-opening afternoon of peace, joy, wisdom, and community through Sitting Meditation, Walking Meditation, Resting Meditation, Teachings, Sharing circles, Mindful Movement, Music and more.

An Afternoon of Mindfulness retreat with Awakening Heart (Community of Mindful Living), a meditation sangha practicing in the tradition of Zen Master Thich Nhat Hanh.

Register online at [www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com)

### **Dallas Meditation Center**

810 W. Arapaho Rd, Suite 98  
Richardson, TX 75080  
**972.432.7871**

Suggested donation: \$20-\$40

\* This retreat is intended for adults with some meditation experience who are able to sit in stillness for 20 minutes. If you are new to meditation or looking for meditation instruction, please attend one of Dallas Meditation Center's beginner meditation workshops.

Facilitated by **Bobbie Perkins** and **Cornell Kinderknecht**.

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