

BEGINNER'S MEDITATION WORKSHOP



A workshop open to all who wish to experience the peace and joy of MINDFULNESS and MEDITATION.



SATURDAY, Nov. 11, 2017

• 2:00 – 5:30PM

- Sitting meditation
- Walking meditation
- Lying down meditation
- Mindfulness practices
- 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 Center's Interbeing Sangha and current aspirant of **Thich Nhat Hanh's** Order of Interbeing.

Location:

Dallas Meditation Center

810 W. Arapaho Rd., Suite 98

Richardson, TX 75080

www.DallasMeditationCenter.com

Class Fee: \$60

(class limited to 16 people)

Register & pay online by Friday, Nov. 10

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).



www.DallasMeditationCenter.com