

# BEGINNERS MEDITATION CLASS



An Afternoon Workshop of Meditation, Inspiration, and Transformation  
Open to people of all faiths, ethnicities, orientations, and levels of experience

Location:  
**Dallas Meditation Center**  
727 Floyd Rd  
(near Beltline and 75-Central)  
Richardson, TX 75080

**Saturday, Nov 2**  
**2:00 - 6:00pm**

Facilitated by **Brother ChiSing**  
(an ordained disciple of Zen Master *Thich Nhat Hanh*)



**Meditation reduces stress, anxiety,  
muscle tension, builds self-confidence,  
boosts the immune system, improves  
concentration and increases creativity!**

- ⊗ Sitting meditation
- ⊗ Walking meditation
- ⊗ Mindful movement
- ⊗ Teachings / Q&A
- ⊗ Sharing & Discussion

*Pre-registration requested*

Fee: \$40 - \$60

Register online at:  
[www.AwakeningHeart.org](http://www.AwakeningHeart.org)

"When Doing becomes infused with the timeless quality of BEING that is success" -Eckhart Tolle