

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, Jan 4
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

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