

# DALLAS MEDITATION CENTER

## NOVEMBER 2015 – “LOVE JOY PEACE”

One Dharma / Awakening Heart @ CSLDallas (A Center for Spiritual Living)

### SUNDAYS 5:00-7:00 PM

Awakening Heart (*Community of Mindful Living*)  
Interfaith Buddhist Spirituality (*Thich Nhat Hanh*)  
Zen, Mindfulness, Holistic Meditation (*Brother ChiSing*)

\* Childcare and Children's Class available every Sunday with Daisy Windsong \*



- Nov. 1 – Brother ChiSing: **“Love, Compassion, Joy, Equanimity”**
- Nov. 8 – Brother ChiSing: **“Metta (Loving-Kindness) Meditations”**
- Nov. 15 – Francis Bennett:  
& Brother ChiSing **“Fully Human, Fully Divine” (Nondual Advaita)**
- Nov. 22 – Terry Cortes-Vega: **“Forgiveness & Reconciliation”**  
& Brother ChiSing PRE-THANKSGIVING CELEBRATION (*potluck veg. dinner after*)
- Nov. 29 – YES & Community: **“The Power of Gratitude”**

### Mondays

- 12:00p ZEN-To-Go (silent meditation) – *trained members facilitating*  
6:00 Easy TAI CHI for Busy People – *Janna Whitton*  
7:30 MINDFUL Mondays – *Cornell Kinderknecht*

### Tuesdays

- 12:00p ZEN-To-Go (silent meditation) – *trained members facilitating*  
7:00 YES (Young Enlightened Souls) Meditation/Social Community – *Young Adults (20's & 30's)*

### Wednesdays

- 9:00a Easy TAI CHI for Busy People – *Janna Whitton*  
10:30 Mindful QIGONG (all levels, beginner-friendly) – *Janna Whitton*  
12:00p ZEN-To-Go (silent meditation) – *trained members facilitating*  
7:30 INTERBEING Sangha – *Bobbie Perkins*  
(Five Mindfulness Trainings on First Wednesdays – Nov. 4, Dec. 2, Jan. 6, etc.)

### Thursdays

- 12:00p ZEN-To-Go (silent meditation) – *trained members facilitating*  
7:00 Mindful YOGA (all levels, beginner-friendly) – *Andy McDonald, RYT*

### Saturday (once-a-month)

- 2:00p Monthly BEGINNERS MEDITATION Workshop (register online) – *check website for dates*

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