

DALLAS MEDITATION CENTER

SEPTEMBER 2017 – “A STRONG COMMUNITY”

LOCATION: 810 W. Arapaho Rd, Suite 98, Richardson, Texas 75080

SUNDAYS 5:00-7:00 PM

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

Sept 3: “A Beloved Community”
(in honor of Brother ChiSing’s birthday)

Sept 10: “Strength in Service”
Speaker: Thich Minh Tien (Thay Z)

Sept 17: “What is Sangha?”
Speaker: Helen Cortes (Zen Teacher, Maria Kanon Zen Center)

Sept 24: “Strength in Well-Being”
Speaker: Andy McDonald (Meditation & Yoga instructor)
* *Sangha YUM: community social gathering at a nearby restaurant follows*

Mondays

12:00p **ZEN-To-Go** (silent meditation)
6:00p TAI CHI – *Janna Whitton*
7:30p **MINDFUL Mondays** – *Cornell Kinderknecht*

Tuesdays

12:00p **ZEN-To-Go** (silent meditation)
7:00p **Wake Up Dallas YES** Meditation Community – *Young Adults (20’s & 30’s)*

Wednesdays

9:15a TAI CHI – *Janna Whitton*
10:45a QIGONG – *Janna Whitton*
12:00p **ZEN-To-Go** (silent meditation)
4:30p Kid’s Yoga ages 7-12 – *Karina Marino*
5:30p Kid’s Yoga ages 3-6 – *Karina Marino*
7:30p **INTERBEING Sangha** – *Bobbie Perkins* (Five Mindfulness Trainings on First Wed. – Sept. 6)

Thursdays

12:00p **ZEN-To-Go** (silent meditation)

Fridays

12:00p Laughter Yoga and Meditation – *Jyoti Subramanian*

Saturday (once-a-month)

* 2:00p **Monthly BEGINNERS MEDITATION Workshop** *Next scheduled: September 9, October 7*

*09/09/17 – 2:00-5:30pm – **Beginners Meditation Workshop** – *Bobbie Perkins*

*09/16/17 – 9:30am-12:00noon – **Yoga & Meditation Workshop** – *Andy McDonald*

09/30/17 – 1:30-9:00pm – **DALLAS MEDITATION CENTER HOMECOMING FESTIVAL**

09/30/17 – 7:00pm – **Dallas Meditation Center Drum Circle** – *Dorayne Breedlove*

* = Register Online



WWW.DALLASMEDITATIONCENTER.COM

DANA FOR YOUR COMMUNITY NORTH TEXAS GIVING DAY!

Awakening Heart / Dallas Meditation Center is honored to be selected as one of the local organizations to participate in this year's **North Texas Giving Day on Sept. 14, 2017**. Donations of \$25 - \$50,000 made 6 a.m. to midnight to nonprofits listed on the Giving Day website will be multiplied and eligible for additional bonus funds.

New this year:

SCHEDULED GIVING starts on September 7. Not available on September 14? No worries. You can schedule your gift between Sept. 7th and 13th.

Please visit www.NorthTexasGivingDay.org on September 14 (or between September 7 and 13), search for **Awakening Heart Dallas Meditation Center** and make a gift to give your favorite meditation center a boost!



DALLAS MEDITATION CENTER HOMECOMING FESTIVAL



**Saturday, September 30, 2017
1:30-9:00pm**

WELCOME HOME! Join Dallas Meditation Center for a public celebration of their new facility in Richardson. A full day of events is planned, showcasing the services, classes and activities the center offers, including a ribbon cutting with city and community leaders, and a community celebration. The day ends with the center's monthly drum circle. Attendees are also invited to visit the Lotus Room and practice meditation on their own during the day's activities. Drop in for a while or spend the whole day!


1:30-2:00	Opening welcome
2:00-2:20	Yoga with Andy McDonald
2:30-2:50	Tai Chi and Qigong with Janna Whitton
3:00-3:20	Music meditation with Cornell Kinderknecht and Martin McCall
3:30-3:50	Spiritual Readings from <i>108 Reflections</i> with Cheryl Muck
4:00-4:45	Ribbon Cutting and community ceremony
4:00-5:30	Reception
5:30-6:45	Evening community celebration
7:00-9:00	Monthly drum circle with Dorayne Breedlove

Most of our gatherings are held at Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080.
Mailing address: Dallas Meditation Center, PO Box 832412, Richardson, TX 75083. Phone: 972.432.7871. Email: info@DallasMeditationCenter.com

WWW.AWAKENINGHEART.ORG

DALLAS MEDITATION CENTER (One Dharma)

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm 810 W. Arapaho Rd., Ste 98, Richardson, TX 75080. (972) 432-7871 DallasMeditationCenter.com</p>	<p>Directors: Bobbie Perkins Cornell Kinderknecht</p>	<h2>A STRONG COMMUNITY</h2>			<p>1 12-1:00p Laughter Yoga - Joyti</p>	<p>2 Brother ChiSing's Birthday</p>
<p>3</p> <p>5:00-7:00p AWAKENING HEART Meditation service - Terry Cortes-Vega A Beloved Community</p>	<p>4 Labor Day</p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>5</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>6 Full Moon</p> <p>9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>4:30-5:15p Kids Yoga age 7-12 5:30-6p Kids Yoga age 3-6</p> <p>7:30-9p INTERBEING Sangha</p>	<p>7</p> <p>12-12:45p ZEN-to-Go</p>	<p>8</p> <p>12-1:00p Laughter Yoga and Meditation - Joyti</p>	<p>9</p> <p>2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins</p>
<p>10</p> <p>5:00-7:00p AWAKENING HEART Meditation service - Thay Z Strength in Service</p>	<p>11</p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>12</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>13</p> <p>9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>4:30-5:15p Kids Yoga age 7-12 5:30-6p Kids Yoga age 3-6</p> <p>7:30-9p INTERBEING Sangha</p>	<p>14</p> <p>12-12:45p ZEN-to-Go</p>	<p>15</p> <p>12-1:00p Laughter Yoga and Meditation - Joyti</p>	<p>16</p> <p>9:30a-12n Yoga/Meditation Retreat - Andy McDonald</p>
<p>17</p> <p>5:00-7:00p AWAKENING HEART Meditation service - Helen Cortez What Is Sangha?</p>	<p>18</p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>19</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>20 New Moon</p> <p>9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>4:30-5:15p Kids Yoga age 7-12 5:30-6p Kids Yoga age 3-6</p> <p>7:30-9p INTERBEING Sangha</p>	<p>21</p> <p>12-12:45p ZEN-to-Go</p>	<p>22 Autumnal equinox</p> <p>12-1:00p Laughter Yoga and Meditation - Joyti</p>	<p>23</p>
<p>24</p> <p>5:00-7:00p AWAKENING HEART Meditation service - Andy McDonald Well-Being</p> <p>7:15p Sangha YUM Social gathering at a nearby restaurant</p>	<p>25</p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>26</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>27</p> <p>9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>4:30-5:15p Kids Yoga age 7-12 5:30-6p Kids Yoga age 3-6</p> <p>7:30-9p INTERBEING Sangha</p>	<p>28</p> <p>12-12:45p ZEN-to-Go</p>	<p>29</p> <p>12-1:00p Laughter Yoga and Meditation - Joyti</p>	<p>30</p> <p>1:30-9p Dallas Meditation Center HOMECOMING FESTIVAL & Open House</p> <p>7-9p DRUM Circle - Dorayne</p>