

DALLAS MEDITATION CENTER

OCTOBER 2017 – “LIVING IN MINDFULNESS”

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*)

- Oct 1: “Practical Mindfulness”
Speakers: Awakening Heart Sangha
- Oct 8: “Mindful Living Benefits Everyone”
Speaker: Rev. Veronica Valles
- Oct 15: “Experience the JOY of Mindful Living”
Speaker & Music: Robin Hackett
- Oct 22: “Deepening Mindfulness”
Speakers: Bobbie Perkins & Cornell Kinderknecht
- Oct 29: “Living in Harmony and Awareness”
Recitation of the Five Mindfulness Trainings
* *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. – Oct. 4)

Thursdays

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

Saturday (once-a-month)

* 2:00p **Monthly BEGINNERS MEDITATION Workshop** *Next scheduled: October 7, November 11*

- *10/07/17 – 2:00-5:30pm – **Beginners Meditation Workshop** – *Bobbie Perkins*
*10/17/17 – 7:00pm – **WALK WITH ME** film screening – *Studio Movie Grill, 11170 N. Central Expy, Dallas, TX*
*10/21/17 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – *Andy McDonald*
10/28/17 – 2:00-4:00pm – **Deep Relaxation & Touching the Earth** – *Bobbie Perkins & Cornell Kinderknecht*
10/28/17 – 7:00pm – **Dallas Meditation Center Drum Circle** – *Dorayne Breedlove*

* = Register Online

WWW.DALLASMEDITATIONCENTER.COM

DALLAS TEXAS FILM SCREENING - OCTOBER 17, 2017
SPONSORED BY DALLAS MEDITATION CENTER



walk with me

A JOURNEY INTO MINDFULNESS
FEATURING THICH NHAT HANH

NARRATED BY BENEDICT CUMBERBATCH

"A MOVING AND WONDERFUL FILM
- A GREAT WORK FULL OF LOVE"
ALEJANDRO G. HARRITU

"FASCINATING... PROFOUND"
SCENEN INTERNATIONAL

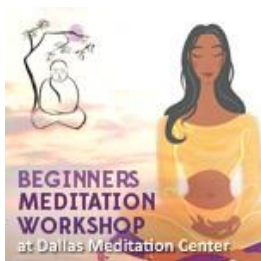
www.DallasMeditationCenter.com

Tuesday, October 17, 2017 – 7:00 PM
Studio Movie Grill, 11170 N Central Expy, Dallas, TX

A cinematic journey into the world of a monastic community that practices the art of mindfulness with Zen Buddhist master Thich Nhat Hanh. Filmed over three years, this visceral film is a meditation on a community determined to develop a deep sense of presence, not just for themselves but for all those they love. Narrated by Benedict Cumberbatch.

Sponsored by Dallas Meditation Center. Admission is free. Donations collected by Dallas Meditation Center at the event benefit Thich Nhat Hanh Foundation.

Reserve your ticket now – www.DallasMeditationCenter.com/film



Saturday, Oct. 7, 2017
2:00-5:30 p.m.

Beginner's Meditation Workshop

A workshop open to all to experience the peace and joy of mindfulness and meditation.

This workshop is great for those just starting meditation,

those who've been meditating and want some guidance, and those who just want a refresher.

Facilitated by **Bobbie Perkins**.

Fee: \$60 single / \$100 double

Online registration required (*space limited to 16 persons*)



Saturday, Oct. 21, 2017
9:30 a.m.-12 noon

Yoga & Meditation Mini-Retreat

A retreat that brings together the mindful movement and breath awareness of yoga with the heart-opening, centering practice of

meditation. This retreat will include yoga postures, walking meditation, seated meditation, and reclining guided relaxation. *Bring yoga mat if you have one.*

Facilitated by **Andy McDonald**.

Fee: \$40 (*online registration requested*)

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)

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 5-7p AWAKENING HEART Meditation service - "Practical Mindfulness" - <i>Awakening Heart Sangha</i>	2 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	3 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	4 9:15-10:15a TAI CHI - Janna 10:30-11:30a QiGong - Janna 12-12:45p ZEN-to-Go 4:30-5:15p Kids Yoga age 7-12. 5:30-6p Kids Yoga age 3-6 7:30-9p INTERBEING Sangha - Bobbie:5 Mindfulness Trainings	5 Full Moon 12-12:45p ZEN-to-Go	6	7 2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins	
8 5-7p AWAKENING HEART Meditation service - "Mindful Living Benefits Everyone" - Rev. Veronica Valles	9 Columbus Day 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	10 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	11 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 4:30-5:15p Kids Yoga age 7-12. 5:30-6p Kids Yoga age 3-6 7:30-9p INTERBEING Sangha - Bobbie	12 12-12:45p ZEN-to-Go	13	14	
15 5-7p AWAKENING HEART Meditation service - "Experience the JOY of Mindful Living" - Speaker & Music: Robin Hackett	16 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	17 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation WALK WITH ME - Film screening - Dallas, Texas	18 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 4:30-5:15p Kids Yoga age 7-12. 5:30-6p Kids Yoga age 3-6 7:30-9p INTERBEING Sangha - Bobbie	19 New Moon 12-12:45p ZEN-to-Go	20	21 9:30a-12n Yoga/Meditation Retreat - Andy McDonald	
22 5-7p AWAKENING HEART Meditation service - "Deepening Mindfulness" Bobbie and Cornell	23 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	24 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	25 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 4:30-5:15p Kids Yoga age 7-12. 5:30-6p Kids Yoga age 3-6 7:30-9p INTERBEING Sangha - Bobbie	26 12-12:45p ZEN-to-Go	27	28 2-4p Deep Relaxation & Touching the Earth - Bobbie & Cornell 7-9p DRUM Circle - Dorayne	
29 5-7p AWAKENING HEART Meditation service - "Living in Harmony and Awareness" Recitation of the Five Mindfulness Trainings - <i>Awakening Heart Sangha</i> 7:15p Sangha YUM Social gathering at a nearby restaurant	30 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	31 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	LIVING IN MINDFULNESS 			DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm 810 W. Arapaho Rd., Ste 98, Richardson, TX 75080 DallasMeditationCenter.com	Directors: Bobbie Perkins Cornell Kinderknecht (972) 432-7871