

# DALLAS MEDITATION CENTER

**DECEMBER 2017 – “LIVING JOYFULLY”**

*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)**

- Dec 3: “The Joy of Giving”  
**Speaker:** Bobbie Perkins
- Dec 10: “Joyfully Growing Together”  
**Speaker:** Julie Ryan
- Dec 17: “A Joyful Practice”  
**Speaker:** Aaron Conner
- Dec 24: “The Gifts of Awakened Teachers”  
**Speaker:** Thich Minh Thien “Thay Z”
- Dec 31: “Joyfully Together”  
**Speakers:** Bobbie Perkins & Cornell Kinderknecht



## **Mondays** (Note: There will be no classes or meditation on December 25)

- 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 (Note: will not meet on December 27)  
10:45a QIGONG – Janna Whitton (Note: will not meet on December 27)  
12:00p **ZEN-To-Go** (silent meditation)  
6:15p Kid's Yoga ages 3-12 – Karina Marino (RSVP to Karina @ 3LittleYogis.com) (No meeting on Dec. 27)  
7:30p **INTERBEING Sangha** – Bobbie Perkins (Five Mindfulness Trainings on First Wed. – Dec. 6)

## **Thursdays**

- 12:00p **ZEN-To-Go** (silent meditation) Note: will not meet on Thanksgiving day

## **Saturday (once-a-month)**

\* 2:00p **Monthly BEGINNERS MEDITATION Workshop** Next scheduled: December 2, January 13

- \*12/03/17 – 2:00-5:30pm – **Beginners Meditation Workshop** – Bobbie Perkins  
12/09/17 – 10:00-11:30am – Yoga, Breath, Sound – Andy McDonald & Niko  
\*12/09/17 – 2:00-3:30pm – Past Life Regression Workshop – Paula Joyce  
\*12/16/17 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – Andy McDonald  
12/30/17 – 7:00-9:00pm – Dallas Meditation Center Drum Circle – Dorayne Breedlove

\* = Register Online

**WWW.DALLASMEDITATIONCENTER.COM**



**Saturday, Dec. 2, 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**.

\$60 single / \$100 double. *Online registration required.*

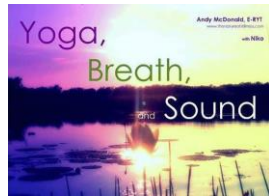
**Saturday, Dec. 9, 2017  
10:00-11:30 a.m.**

**Yoga, Breath and Sound**

Gentle yoga and breathing exercises to open your body and mind, transitioning seamlessly into an extended lying-down sound relaxation/meditation accompanied by ancient Tibetan bowls. *Bring yoga mat if you have one.*

Facilitated by **Andy McDonald** and **Niko**.

Fee: \$30



**Saturday, Dec. 16, 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*)

**Saturday, December 30, 2017  
7:00 - 9:00 p.m.**

**Dallas Meditation Center DRUM CIRCLE**

Meets the LAST SATURDAY of each month. Bring your drums and percussion instruments. If you don't have any, don't worry, there's plenty to go around.

Facilitated by Dorayne Breedlove.

*Suggested love offering: \$10-\$20.*



## LIVING WITH A GRATEFUL HEART

What a difference a year makes! Join me in thinking back over the last year with the Dallas Meditation Center. We decided to move to our own dedicated space and established a financial goal to support the move. We then met our financial goals, completed the build out and moved into our own space. TOGETHER WE CAN ... and in 2017 we did!

And now we are LIVING WITH A GRATEFUL HEART! Together we hold meditation gatherings eight times a week. On average, 535 times every month someone walks into our facility to experience mindfulness and meditation! And that, my friends, has changed the world ... one person, one family, one city, one country at a time! The ripples of our practice have reached across the world in ways we will never know. We also host a plethora of special events: Monthly Beginner Meditation gatherings, TaiChi, Qigong, children's yoga, spiritual growth retreats, joyful celebrations, music healing concerts, yoga retreats, and so much more. Indeed, what a difference a year makes!

I am filled with gratitude for all that has been and challenge each of us to visualize the next step on our journey. Can we step up and make a commitment to assure the future of the Dallas Meditation Center? Can we make an ongoing commitment to support the center that provides the foundation for us to live our best life? Over the next couple of months, we will be mindfully considering how we do that. ~ Cheryl Muck

*Breathing in ... receiving*

*Breathing out ... giving*

*Breathing in ... receiving*

*Breathing out ... giving*

*Breathing in ... receiving*



Dallas Meditation Center is supported almost entirely by the donations and efforts of the people who attend the classes and programs offered here. Donations are accepted at any Dallas Meditation Center event or online at [www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com) One Dharma Dallas Meditation Center Awakening Heart is a 501(c)(3) nonprofit educational human services organization.

Most of our gatherings are held at Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080.

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# WWW.AWAKENINGHEART.ORG