

# DALLAS MEDITATION CENTER

**MARCH 2018 – “WE ARE ONE”**

**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)**

Mar 4: “We Are One”  
**Speaker:** Bobbie Perkins,  
*True Transmission of Mindfulness*

Mar 11: “Breathe”  
Awakening Heart

Mar 18: “Generate Peace”  
Awakening Heart

Mar 25: “Be Free”

\* *Sangha YUM: community social gathering at a nearby restaurant follows*



### **Children’s Sangha Sundays 5:00–7:00 pm**

A program for children ages 5 and up whose parents are attending the Sunday Awakening Heart gathering.



## **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)  
6:00p Kid’s Yoga ages 5-12 – *Karina Marino (RSVP to Karina @ 3LittleYogis.com)* (No class on March 14)  
7:30p **INTERBEING Sangha** – *Bobbie Perkins* (Five Mindfulness Trainings on First Wed. – Mar. 7)

## **Thursdays**

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

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

\* 2:00p **Monthly BEGINNERS MEDITATION Workshop** *Next scheduled: March 10, April 7*

\*03/03/18 – 2:00-3:30pm – **Discovering Hope and Silver Linings Workshop** – *Paula Joyce*

\*03/10/18 – 2:00-5:30pm – **Beginners Meditation Workshop** – *Bobbie Perkins*

\*03/17/18 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – *Andy McDonald*

03/24/18 – 7:00-9:00pm – **Sing Your Prayers Mantra Chanting** with *Henry Marshall* and *Here Now*

03/31/18 – 7:00-9:00pm – **Dallas Meditation Center Drum Circle** – *Dorayne Breedlove*

\* = Register Online

SEASONS for PEACE  
and NONVIOLENCE



*SPAN the next decade*

**WWW.DALLASMEDITATIONCENTER.COM**

# DALLAS MEDITATION CENTER (One Dharma)

# March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>DMC Office Hours:</b> <b>Mondays – Thursdays</b> 11:00 am - 4:00 pm 10 W. Arapaho Rd., Ste 98, Richardson, TX 75080. (972) 432-7871 <a href="http://DallasMeditationCenter.com">DallasMeditationCenter.com</a>	Directors: Bobbie Perkins Cornell Kinderknecht			1  12-12:45p ZEN-to-Go	2	3
4  5-7p AWAKENING HEART Meditation service - "We Are One" Bobbie Perkins	5  12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna  7:30-9p Mindful Mondays Meditation - Cornell	6  12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	7  9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna  12-12:45p ZEN-to-Go  6:15-6:45p Kids Yoga age 3-12. RSVP requested 7:30-9p INTERBEING Sangha - Bobbie:5 Mindfulness Trainings	8  12-12:45p ZEN-to-Go	9	10  2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins
11 Daylight Saving (begin)  5-7p AWAKENING HEART Meditation service - "Breathe"	12  12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna  7:30-9p Mindful Mondays Meditation - Cornell	13  12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	14  9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna  12-12:45p ZEN-to-Go  7:30-9p INTERBEING Sangha - Bobbie	15  12-12:45p ZEN-to-Go	16	17 St. Patrick's Day  9:30a-12n Yoga/Meditation Retreat - Andy McDonald
18  5-7p AWAKENING HEART Meditation service - "Generate Peace"	19  12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna  7:30-9p Mindful Mondays Meditation - Cornell	20 Vernal equinox  12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	21  9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna  12-12:45p ZEN-to-Go  6:15-6:45p Kids Yoga age 3-12. RSVP requested 7:30-9p INTERBEING Sangha - Bobbie	22  12-12:45p ZEN-to-Go  7:30-9p Beginner Native Flute - Cornell (Register in advance)	23  12-1:00p Laughter Yoga and Meditation - Jyoti	24  7-9p Sing Your Prayers Chanting - Henry Marshall with Here Now
25  5-7p AWAKENING HEART Meditation service - "Be Free"	26  12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna  7:30-9p Mindful Mondays Meditation - Cornell	27  12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	28  9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna  12-12:45p ZEN-to-Go  6:15-6:45p Kids Yoga age 3-12. RSVP requested 7:30-9p INTERBEING Sangha - Bobbie	29  12-12:45p ZEN-to-Go	30  12-1:00p Laughter Yoga and Meditation - Jyoti	31  7-9p DRUM Circle - Dorayne