

DALLAS MEDITATION CENTER

MAY 2018 – “FLOWERS OF 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*)

- May 6: “Our Practice Center”
Speakers: Bobbie Perkins, Aaron Conner,
& Cornell Kinderknecht
- May 13: Mother’s Day
: “Daily Mindfulness Practice”
Speakers: Bobbie Perkins & Cornell Kinderknecht
- May 20: “Experience the JOY of Mindful Living”
Speaker: Bobbie Perkins
- May 27: WESAK and Dallas Meditation Center 8th Anniversary
Speaker: Michael Ferraro
Community vegetarian potluck dinner 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)
7:30p **INTERBEING Sangha** – *Bobbie Perkins* (Five Mindfulness Trainings on First Wed. – May 2)

Thursdays

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

Saturday (once-a-month)

- * 2:00p **Monthly BEGINNERS MEDITATION Workshop** *Next scheduled: May 12, June 9*

05/05/18 – 9:30am-12:00noon – Yoga Sadhana with Jyoti Subramanian

*05/05/18 – 2:00-3:30pm – Life After Divorce – Dr. Paula Joyce

*05/12/18 – 9:30am-12:00noon – Yoga & Meditation Mini Retreat – Andy McDonald

*05/12/18 – 2:00-5:30pm – Beginners Meditation Workshop – Bobbie Perkins

05/26/18 – 7:00-9:00pm – Dallas Meditation Center Drum Circle – Dorayne Breedlove

* = Register Online

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.



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DALLAS MEDITATION CENTER (One Dharma)

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	2 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:5 Mindfulness Trainings	3 12-12:45p ZEN-to-Go	4	5 Cinco de Mayo 9:30a-12n Yoga Sadhana - Jyotri Subramanian
	6 5-7p AWAKENING HEART Meditation service - "Our Practice Center" Bobbie, Aaron, Cornell	7 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	8 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	9 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	10 12-12:45p ZEN-to-Go	11
13 Mother's Day 5-7p AWAKENING HEART Meditation service - "Daily Mindfulness Practice" Bobbie & Cornell	14 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	15 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	16 Ramadan begins 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	17 12-12:45p ZEN-to-Go	18	19
20 5-7p AWAKENING HEART Meditation service - "Experience the JOY of Mindful Living" Bobbie	21 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	22 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	23 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	24 12-12:45p ZEN-to-Go	25	26 7-9p DRUM Circle - Dorayne
27 5-7p AWAKENING HEART Meditation service - WESAK plus DALLAS MEDITATION CENTER 8th ANNIVERSARY CELEBRATION 7p - Community Vegetarian Potluck Dinner	28 Memorial Day 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	29 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	30 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	31 12-12:45p ZEN-to-Go	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	Directors: Bobbie Perkins Cornell Kinderknecht