

# DALLAS MEDITATION CENTER

**AUGUST 2018 – “EVERYDAY WISDOM” (PT. 1)**

**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)**

August 5: “Nothing to Attain (Aimlessness)”

**Speaker:** Bobbie Perkins, True Transmission of Mindfulness

August 12: “Aimlessness, Part 2”

**Speaker:** Bobbie Perkins,  
True Transmission of Mindfulness

August 19: “Conditions are Favorable”

**Speaker:** Cornell Kinderknecht

August 26: “The Biggest Obstacle”

**Speaker:** Helen Cortes, Maria Kannon Zen Center

\* *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**

9:30a

TAI CHI – *Janna Whitton*

10:45a

QIGONG – *Janna Whitton*

12:00p

**ZEN-To-Go** (silent meditation)

7:30p

**INTERBEING Sangha** – *Bobbie Perkins*

## **Thursdays**

12:00p

**ZEN-To-Go** (silent meditation)

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

\* 2:00p

**Monthly BEGINNERS MEDITATION Workshop** Next scheduled: August 11, September 8

08/03/18, 08/17/18, 08/31/18 – 8:00-10:00pm – Sangha Party Dharma Dance, *meditation & dancing* – Jessica Hitch

\*08/11/18 – 2:00-5:30pm – **Beginners Meditation Workshop** – *Bobbie Perkins*

\*08/18/18 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – *Andy McDonald*

08/25/18 – 9:30am-12:00noon – **Yoga & Meditation Sadhana** – *Jyoti Subramanian*

\*08/25/18 – 1:00-5:00pm – **Mindfulness Meditation Afternoon Retreat**

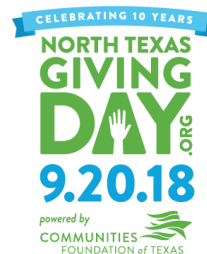
\*08/25/18 – 2:00-3:30pm – **Discovering Your Inner Creativity** – *Paula Joyce*

08/25/18 – 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.



**WWW.DALLASMEDITATIONCENTER.COM**

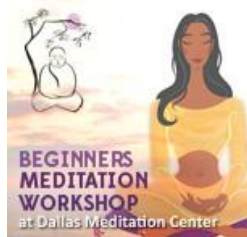
## AUGUST 2018 HIGHLIGHTS AT DALLAS MEDITATION CENTER:

**Fridays, August 3, 17 & 31**  
**8:00-10:00 p.m.**

### **Meditate and Dance Party!**

All ages are welcome to enjoy mindful dancing at this party series! Begin with a short sitting meditation and then move and groove to energetic world and electronic music mixed by a live DJ.

*Suggested donation: \$10-\$20 / person*



**Saturday, August 11, 2018**  
**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. Great for those just starting meditation and those who've

been meditating and want some guidance

Facilitated by **Bobbie Perkins**.

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



**Saturday, August 18, 2018**  
**9:30 a.m.-12 noon**

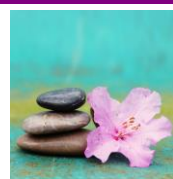
### **Yoga & Meditation Mini-Retreat**

Bring together the mindful movement and breath awareness of yoga with the heart-opening practice of meditation. Includes

yoga postures, walking meditation, seated meditation, and reclining guided relaxation.

Facilitated by **Andy McDonald**.

Fee: \$40. *Online registration requested.*



**Saturday, August 25, 2018**

**1:00-5:00 p.m.**

### **Afternoon**

### **Mindfulness Meditation Retreat**

Experience different styles of meditation, various mindfulness

practices, music, deep relaxation, and calming peace. Make a deeper connection with yourself and others.

**All meditation groups encouraged to attend.**

*Donation: suggested \$35. Online registration requested.*

**Saturday, August 25, 2018**

**9:30 a.m.-noon**

### **Yoga & Meditation Sadhana**

Keep up your spiritual practice. Sadhana includes Energization Exercises, Pranayama, Yoga poses with affirmations, Chanting, and Meditation.

Facilitated by **Jyoti Subramanian**.

Fee: \$40.



**Saturday, August 25, 2018**

**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.*



## SAVE THESE IMPORTANT DATES:



**September 20, 2018**

**North Texas**

**Giving Day**

**North Texas Giving Day**

**2018** is coming so make sure to Save The Date!

This is our fourth year to be eligible to participate and we need all our supporters to help us on that day. More info to come!!

**Saturday Sep 29, 2018**

**Dallas Meditation Center FALL FESTIVAL**

Join Dallas Meditation Center for their annual community celebration. A full day of events is planned, showcasing the

services, classes and programs the center offers, fun activities and opportunities to our neighbors. Drop in for a while or spend the whole day!



### **GIVING (DANA)**

*"It takes time to practice generosity but being generous is the best use of our time."*

— Thich Nhat Hanh

Giving (dana) is an essential practice of interbeing. It is about openness and our capacity to embrace others with our compassion and love. When we see ourselves as others and others as ourselves, we recognize that by helping others secure their well-being and happiness, we are also securing our own well-being and happiness.

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** One Dharma Dallas Meditation Center Awakening Heart is a 501(c)(3) nonprofit educational human services organization. Your gifts are eligible as charitable tax deductions.

Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080, 972-432-7871

Mailing address: Dallas Meditation Center, PO Box 832412, Richardson, TX 75083. Phone: 972.432.7871. Email: [info@DallasMeditationCenter.com](mailto:info@DallasMeditationCenter.com)

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# Afternoon Mindfulness Meditation Retreat

**Saturday, August 25, 2018 • 1:00 - 5:00PM**

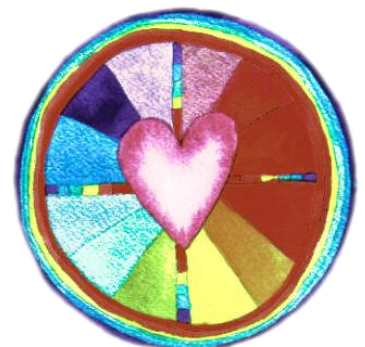
Join Dallas Meditation Center for an afternoon mindfulness meditation retreat. Experience different styles of meditation, various mindfulness practices, music, deep relaxation, and calming peace. Leave with more energy, decreased anxiety and stress, and a deeper connection to those around you.

*A wonderful opportunity to develop your mindfulness and meditation practice and connect with like-minded friends.*

- Fee: \$35/person suggested donation
- Register online at [www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com)

*Facilitated by:* **Bobbie Perkins, Lisa November, Cornell Kinderknecht, Jennifer Landon, Kelly Haltom**

**Dallas Meditation Center**  
810 W. Arapaho Rd, Suite 98  
Richardson, TX 75080  
972.432.7871



**[www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com)**

# DALLAS MEDITATION CENTER (One Dharma)

# August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>DMC Office Hours:</b>  <b>Mondays – Thursdays</b>                      11:00 am – 4:00 pm                      810 W. Arapaho Rd., Ste 98, Richardson, TX 75080. (972) 432-7871  <a href="http://DallasMeditationCenter.com">DallasMeditationCenter.com</a></p>	<p>Directors:                      Bobbie Perkins                      Cornell Kinderknecht</p>		<p><b>1</b>                      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</p>	<p><b>2</b>                      12-12:45p ZEN-to-Go                      7-9p Unconditional Love Support Group - Gene Flake</p>	<p><b>3</b>                      8-10p Meditate and Dance Party! - Jessica</p>	<p><b>4</b></p>
<p><b>5</b>                      5-7p AWAKENING HEART Meditation service - Nothing to Attain Bobbie Perkins                      5-7p Childrens's Sangha 5 &amp; up</p>	<p><b>6</b>                      12-12:45p ZEN-to-Go                      6-7p TAI CHI - Janna                      7:30-9p Mindful Mondays Meditation - Cornell</p>	<p><b>7</b>                      12-12:45p ZEN-to-Go                      7-9p Wake up Dallas YES (20's &amp; 30's) Meditation</p>	<p><b>8</b>                      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</p>	<p><b>9</b>                      12-12:45p ZEN-to-Go                      7-9p Unconditional Love Support Group - Gene Flake</p>	<p><b>10</b></p>	<p><b>11</b>                      2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins</p>
<p><b>12</b>                      5-7p AWAKENING HEART Meditation service - Aimlessness, Part 2 Bobbie Perkins                      5-7p Childrens's Sangha 5 &amp; up</p>	<p><b>13</b>                      12-12:45p ZEN-to-Go                      6-7p TAI CHI - Janna                      7:30-9p Mindful Mondays Meditation - Cornell</p>	<p><b>14</b>                      12-12:45p ZEN-to-Go                      7-9p Wake up Dallas YES (20's &amp; 30's) Meditation</p>	<p><b>15</b>                      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</p>	<p><b>16</b>                      12-12:45p ZEN-to-Go                      7-9p Unconditional Love Support Group - Gene Flake</p>	<p><b>17</b>                      8-10p Meditate and Dance Party! - Jessica</p>	<p><b>18</b>                      9:30a-12n Yoga/Meditation Retreat - Andy McDonald</p>
<p><b>19</b>                      5-7p AWAKENING HEART Meditation service - Conditions are Favorable Cornell Kinderknecht                      5-7p Childrens's Sangha 5 &amp; up</p>	<p><b>20</b>                      12-12:45p ZEN-to-Go                      6-7p TAI CHI - Janna                      7:30-9p Mindful Mondays Meditation - Cornell</p>	<p><b>21</b>                      12-12:45p ZEN-to-Go                      7-9p Wake up Dallas YES (20's &amp; 30's) Meditation</p>	<p><b>22</b>                      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</p>	<p><b>23</b>                      12-12:45p ZEN-to-Go                      7-9p Unconditional Love Support Group - Gene Flake</p>	<p><b>24</b></p>	<p><b>25</b>                      9:30a-12n Yoga Sadhana - Jyotri Subramanian                      1-5p MINDFULNESS MEDITATION RETREAT                      7-9p DRUM Circle - Dorayne</p>
<p><b>26</b>                      5-7p AWAKENING HEART Meditation service - The Biggest Obstacle Helen Cortes                      5-7p Childrens's Sangha 5 &amp; up                      7:15p Sangha YUM Social gathering at a nearby restaurant</p>	<p><b>27</b>                      12-12:45p ZEN-to-Go                      6-7p TAI CHI - Janna                      7:30-9p Mindful Mondays Meditation - Cornell</p>	<p><b>28</b>                      12-12:45p ZEN-to-Go                      7-9p Wake up Dallas YES (20's &amp; 30's) Meditation</p>	<p><b>29</b>                      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</p>	<p><b>30</b>                      12-12:45p ZEN-to-Go                      7-9p Unconditional Love Support Group - Gene Flake</p>	<p><b>31</b>                      8-10p Meditate and Dance Party! - Jessica</p>	