

DALLAS MEDITATION CENTER

APRIL 2019 – LOVE LETTER TO THE EARTH

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)

- April 7: "We Are the Earth"
Speaker: Bobbie Perkins
- April 14: "Spaceship Earth"
Speaker: Bobbie Perkins
- April 21: "Returning to the Earth"
Speaker: Thich Minh Thien (Thay Z)
- April 28: "Restoring Balance"
Speaker: Andy McDonald



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

Mondays

- 12:00p **ZEN-To-Go**
6:00p TAI CHI – Janna Whitton
7:30p **MINDFUL Mondays** – Cornell Kinderknecht

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.



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 (April 3 - Five Mindfulness Trainings Recitation)

Dallas Meditation Center
Experience the JOY of Mindful Living

Best Of Dallas
Dallas Observer - September 2018

Thursdays

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

Saturday (once-a-month)

- * 2:00p **Monthly BEGINNERS MEDITATION Workshop** (April 13, May 4, June 8)

Thursdays – 7:00-9:00pm – Unconditional Love Support Group – Gene Flake

4/05/19 – 8:00-10:00pm – First Friday Meditate and Dance Party! – Jessica Hitch, DJ Streaming Synergy

*4/13/19 – 2:00-5:30pm – **Beginners Meditation Workshop** – Bobbie Perkins

4/13/19 – 7:30-9:00pm – *Returning Home* Music Concert – Robin Hackett & Cornell Kinderknecht

*4/20/19 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – Andy McDonald

4/27/19 – 7:00-9:00pm – Dallas Meditation Center Drum Circle

4/28/19 – 2:00-3:30pm – Gong Journeys Meditation - Osten Anue

SAVE THE DATES: Saturdays, 5/11-6/1/19 – *Mindfulness Meditation Series* – Bobbie Perkins & Christiane Baud

* Register Online



WWW.DALLASMEDITATIONCENTER.COM

APRIL 2019 HIGHLIGHTS AT DALLAS MEDITATION CENTER:

Friday, April 5, 2019
8:00-10:00 p.m.

First Friday 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, April 20, 2019

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*



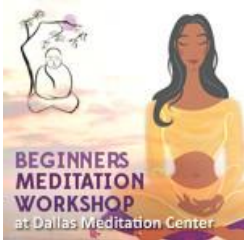
Saturday, April 27, 2019

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.

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



Saturday, April 13, 2019

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.*

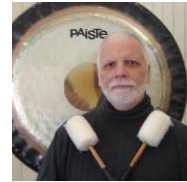
Saturday, April 13, 2019

7:30-9:30 p.m.

Returning Home Concert With Robin and Cornell

Join Robin Hackett and Cornell Kinderknecht for an evening of inspirational vocal and instrumental music.

Admission: \$15/person



Sunday, April 28, 2019

2:00-3:30 p.m.

Gong Journeys Meditation with Ostin Aune

Gong Journeys is a form of sound therapy that encourages meditation, self-healing, deep rest, relaxation, prayer

and spirituality; a rejuvenation of the body, mind, and spirit. *Donation: suggested \$20.*

A special gathering...

Friday PM - Sunday AM, April 26-28, 2019

Love In Action WEEKEND MINDFULNESS RETREAT in Austin, Texas

In the tradition of Thich Nhat Hanh. All are welcome!

Facilitated by Dharma Teacher Terry Cortes-Vega with Antonio Brunner, Brian Kimmel and Plum Blossom Sangha. Sponsored by Plum Blossom Sangha of Austin, TX.

Get information: www.PlumBlossomSangha.org



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 and its programs are supported almost entirely by the donations and efforts of the people who attend the classes and programs offered here. Donations are accepted at Dallas Meditation Center events or online at **www.DallasMeditationCenter.com** One Dharma Dallas Meditation Center Awakening Heart is a 501(c)(3) nonprofit educational human services organization. (EIN: 46-3512018)

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

Email: info@DallasMeditationCenter.com

WWW.DALLASMEDITATIONCENTER.COM

Dallas Meditation Center (One Dharma)

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	2 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	3 9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 7:30-9p INTERBEING Sangha - Bobbie:5 Mindfulness Trainings	4 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake	5 8-10p First Friday Meditate and Dance Party! - Jessica	6
7 5-7p AWAKENING HEART Meditation service - We are the Earth - Bobbie Perkins 5-7p Childrens's Sangha 5 & up	8 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	9 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	10 9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 7:30-9p INTERBEING Sangha - Bobbie	11 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake	12	13 2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins 7:30-9p Music Concert - Robin Hackett and Cornell Kinderknecht
14 5-7p AWAKENING HEART Meditation service - Spaceship Earth - Bobbie Perkins 5-7p Childrens's Sangha 5 & up	15 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	16 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	17 9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 7:30-9p INTERBEING Sangha - Bobbie	18 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake	19	20 9:30a-12n Yoga/Meditation Retreat - Andy McDonald
21 Easter 5-7p AWAKENING HEART Meditation service - Returning to Earch - Thich Minh Thien (Thay Z) 5-7p Childrens's Sangha 5 & up	22 EARTH DAY 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	23 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	24 Admin Assistants Day 9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 7:30-9p INTERBEING Sangha - Bobbie	25 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake	26	27 7-9p Drum Circle
28 2-3:30p - Gong Journeys Osten 5-7p AWAKENING HEART Meditation service - Restoring Balance - Andy McDonald 5-7p Childrens's Sangha 5 & up 7:15p Sangha YUM Social gathering at a nearby restaurant	29 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	30 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation			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