

DALLAS MEDITATION CENTER

AUGUST 2019: Buddha's Life – Buddha Stories

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 4: **Speaker:** Nico

August 11: **Speaker:** Thich Minh Thien "Thay Z"

August 18: **Speaker:** Jessica Hitch

August 25: **Speaker:** Bobbie Perkins

* *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*

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 (Aug. 7 - Five Mindfulness Trainings Recitation)*

Thursdays

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

Saturday (once-a-month)

* 2:00p **Monthly BEGINNERS MEDITATION Workshop** (*Aug. 3, Sept. 7*)

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

8/2/19 – 8:00-10:00pm – First Friday Fun Night: Meditate and Dance Party!

*8/3/19 – 2:00-5:30pm – **Beginners Meditation Workshop** – **Bobbie Perkins**

*8/17/19 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – **Andy McDonald**

*8/24/19 – 12noon-5:00pm – **Young Adults Mindfulness Meditation Retreat** Hosted by **Wake Up Dallas YES!**

8/25/19 – 2:00-3:30pm – Gong Journeys Meditation with Osten Aune

8/31/19 – 7:00-9:00pm – Dallas Meditation Center Drum Circle

* Register Online



SAVE THE DATE: Saturday, September 28, 2019
Dallas Meditation Center Annual FALL FESTIVAL
Experience JOY

WWW.DALLASMEDITATIONCENTER.COM

Dallas Meditation Center
Experience the JOY of Mindful Living
Best Of Dallas
Dallas Observer - September 2018

UPCOMING EVENTS AT DALLAS MEDITATION CENTER:

Saturday, August 17, 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, August 24, 2019

12 noon-5:00 p.m.

Young Adults (20s & 30s)

Mindfulness Meditation Retreat

Join Wake Up Dallas YES for a half day retreat. Experience different styles of meditation, various mindfulness practices, fun group activities, and calming moments of peace. Leave with more energy and a deeper connection to those around you.

Fee: Suggested \$30 at the door.

Online registration requested



Saturday, September 7, 2019

2:00-5:30 p.m.

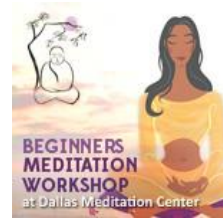
Beginner's Meditation Workshop

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



NEW CONVENIENT WAY TO SUPPORT YOUR CENTER



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Text MINDFUL to 44321

Ever get to the center and realize you didn't bring cash for your donation? Now, you can easily make your donation with your smartphone. Simply **text** the word **MINDFUL** to the phone number **44321**. You'll get a reply with a link to complete your donation. Tap the link, select or specify your donation amount, pick a payment option and it's done.

You can use this feature **from anywhere at any time**. It's easy to create an **automatic monthly donation** using this interface. In addition to the one-tap payment options on your phone, you can also use credit/debit cards, PayPal and bank draft as the source of your donation.

Automatic monthly donations are a convenience to you and a benefit for your center. With your automatic donation, you know that your support for the center continues even if you might not be there each week, or if you forget to bring along or send in your monthly pledge. For the center, the automatic donations provide a dependable figure that can be used for budgeting. It also helps to assure the center can make it through those weeks when we have Texas storms or ice that may prevent people from coming to the center but the bills continue to come in.

Would you consider making an automatic monthly donation of \$108 or more? It's easy to set up your automatic donation. Here are three ways to set it up:

- Go to the center's donation page online at www.DallasMeditationCenter/donate and click "Monthly Donation"
- Use your smartphone and text MINDFUL to 44321 and click the option to make your donation monthly
- Use your bank's "Bill Pay" service and send your donation to Dallas Meditation Center just like any of your other payments that you set up with your bank.

One Dharma Dallas Meditation Center Awakening Heart is a 501(c)(3) nonprofit educational human services organization. (EIN: 46-3512018), supported entirely by donations and always open to all.

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

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Email: info@DallasMeditationCenter.com

WWW.DALLASMEDITATIONCENTER.COM

Dallas Meditation Center (One Dharma)

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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</p>	<p>Directors: Bobbie Perkins Cornell Kinderknecht</p>			<p>1</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Unconditional Love Support Group - Gene Flake</p>	<p>2</p> <p>8-10p First Friday Meditate and Dance Party! - Jessica</p>	<p>3</p> <p>2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins</p>
<p>4</p> <p>5-7p AWAKENING HEART Meditation service - Speaker: Nico</p>	<p>5</p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna</p> <p>7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>6</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>7</p> <p>9:30-10:30a TAI CHI - Janna</p> <p>10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha - Bobbie:5 Mindfulness Trainings</p>	<p>8</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Unconditional Love Support Group - Gene Flake</p>	<p>9</p>	<p>10</p>
<p>11</p> <p>5-7p AWAKENING HEART Meditation service - Speaker: Thich Minh Thien "Thay Z"</p>	<p>12</p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna</p> <p>7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>13</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>14</p> <p>9:30-10:30a TAI CHI - Janna</p> <p>10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha - Bobbie</p>	<p>15</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Unconditional Love Support Group - Gene Flake</p>	<p>16</p>	<p>17</p> <p>9:30a-12n Yoga/Meditation Retreat - Andy McDonald</p>
<p>18</p> <p>5-7p AWAKENING HEART Meditation service - Speaker: Jessica Hitch</p>	<p>19</p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna</p> <p>7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>20</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>21</p> <p>9:30-10:30a TAI CHI - Janna</p> <p>10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha - Bobbie</p>	<p>22</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Unconditional Love Support Group - Gene Flake</p>	<p>23</p>	<p>24</p> <p>12n-5:00p Young Adults Mindfulness Meditation Retreat</p>
<p>25</p> <p>2-3:30p - Gong Journeys Osten</p> <p>5-7p AWAKENING HEART Meditation service - Speaker: Bobbie Perkins</p> <p>7:15p Sangha YUM Social gathering at a nearby restaurant</p>	<p>26</p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna</p> <p>7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>27</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>28</p> <p>9:30-10:30a TAI CHI - Janna</p> <p>10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha - Bobbie</p>	<p>29</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Unconditional Love Support Group - Gene Flake</p>	<p>30</p>	<p>31</p> <p>7-9p Drum Circle</p>