

DALLAS MEDITATION CENTER

Experience the JOY of Mindful Living - NOVEMBER 2019

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*)

November 3: "Three Kinds of Laziness"
Speaker: Bobbie Perkins

November 10: Speaker: Thich Minh Thien (Thay Z)

November 17: Speaker: Bobbie Perkins

November 24: 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 (Note: there will be no Tai Chi class on Nov. 11)
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 (Nov. 2, Dec. 14, Jan. 11)

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

11/1/19 – 8:00-10:00pm – First Friday Fun Night: Meditate and Dance Party!

*11/2/19 – 2:00-5:30pm – Beginners Meditation Workshop – Bobbie Perkins

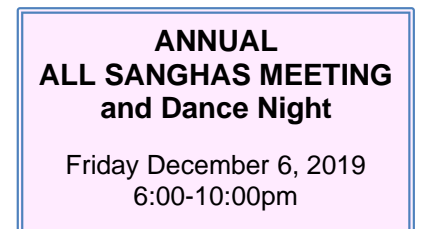
11/8/19 – 7:00-9:00pm – Sacred Circle Dances – Dorayne Breedlove

11/10/19 – 2:00-3:30pm – Gong Journeys – Osten Aune

*11/16/19 – 9:30am-12:00noon – Yoga & Meditation Mini Retreat – Andy McDonald

11/30/19 – 7:00-9:00pm – Dallas Meditation Center Drum Circle

* Register Online



WWW.DALLASMEDITATIONCENTER.COM

Dallas Meditation Center (One Dharma)

November 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>	 Dallas Meditation Center			<p>1</p> <p>8-10p First Friday Meditate and Dance Party! - Jessica</p>	<p>2</p> <p>2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins</p>
<p>3 Daylight Saving (end)</p> <p>5-7p AWAKENING HEART Meditation service - Three Kinds of Laziness - Bobbie Perkins</p>	<p>4</p> <p>12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>5</p> <p>12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>6</p> <p>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</p>	<p>7</p> <p>12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group</p>	<p>8</p> <p>7-9p Sacred Circle Dances - Dorayne Breedlove</p>	<p>9</p>
<p>10</p> <p>2-3:30p - Gong Journeys Osten</p> <p>5-7p AWAKENING HEART Meditation service - Thich Minh Thien (Thay Z)</p>	<p>11 Veterans Day</p> <p>12-12:45p ZEN-to-Go 7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>12</p> <p>12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>13</p> <p>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</p>	<p>14</p> <p>12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group</p>	<p>15</p>	<p>16</p> <p>9:30a-12n Yoga/Meditation Retreat - Andy McDonald</p>
<p>17</p> <p>5-7p AWAKENING HEART Meditation service - Bobbie Perkins</p>	<p>18</p> <p>12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>19</p> <p>12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>20</p> <p>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</p>	<p>21</p> <p>12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group</p>	<p>22</p>	<p>23</p>
<p>24</p> <p>5-7p AWAKENING HEART Meditation service - Bobbie Perkins</p> <p>7:15p Sangha YUM Social gathering at a nearby restaurant</p>	<p>25</p> <p>12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>26</p> <p>12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>27</p> <p>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</p>	<p>28 Thanksgiving</p>	<p>29</p>	<p>30</p> <p>7-9p Drum Circle</p>