

DALLAS MEDITATION CENTER

March 2020 – SAFELY TOGETHER

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*)



March 1: “*Safely Together: A Safe Sangha*”
Speaker: Bobbie Perkins

March 8: “*Safely Together: A Welcoming Spirit*”
Speaker: Myles Sandoval

March 15: “*Safely Together: Going As A River*”
Speaker: Awakening Heart

March 22: “*Safely Together: Personal Practices for Establishing Safety*”
Speaker: Michael Ferraro

March 29: “*Safely Together: An Informal Tea Ceremony*”
Speakers: Cornell Kinderknecht (*True Unfolding Awakening*)
& **Bobbie Perkins** (*True Transmission of Mindfulness*)

*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* (March 4 includes recitation of the 5 Mindfulness Trainings)

Thursdays

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

Saturday (once-a-month)

* 2:00p **Monthly BEGINNERS MEDITATION Workshop** *Next scheduled: March 14, April 11*

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

03/06/20 – 8:00-10:00pm – First Friday Meditate and Dance Party! – Jessica Hitch, DJ Streaming Synergy

*03/14/20 – 2:00-5:30pm – **Beginners Meditation Workshop** – **Bobbie Perkins**

*03/21/20 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – **Andy McDonald**

03//21/20 – 7:00-9:00pm – Spring Equinox Drum Circle – Katya Gordon

03/22/20 – 2:00-3:30pm – Gong Journeys – Osten Aune

* Register Online

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HIGHLIGHTS AT DALLAS MEDITATION CENTER:

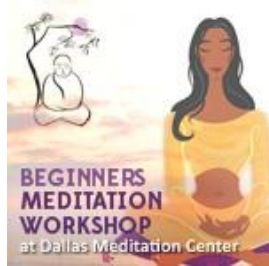
Friday, March 6, 2020
8:00-10:00pm

**First Friday Fun Night:
Meditate and Dance
Party!**



Saturday, March 14, 2020
2:00-5:30 p.m.

**Beginner's Meditation
Workshop**



Saturday, March 21, 2020
9:30 a.m.-12 noon

**Yoga & Meditation
Mini-Retreat**



Sunday, March 22, 2020
2:00-3:30 p.m.

Gong Journeys



Saturday, March 21, 2020 7:00-9:00 p.m.

Spring Equinox Drum Circle

Make a joyful noise at our Spring Equinox Drum Circle. Herald the arrival of Spring and new life. Bring drums, rattles, shakers and other percussion instruments. There will be some drums there to share. You are welcome to listen, dance, walk, or just be part of the circle. Hosted by Katya. Ages 16+. *Suggested love offering: \$10-\$20 / person*



WEDNESDAYS @7pm LIVESTREAMING on YouTube "Mindful Moments" with Dr. Myles Sandoval, DPT

Join Dallas Meditation Center and the Awakening Heart community for "mindful moment" meditation livestream. Dr. Sandoval has been a part of our Sangha for seven years (and three buildings!). Open to practitioners from any faith (or no faith tradition), join Myles for a simple, beginner-friendly, guided meditation and reading. Through livestreaming, she hopes to share the energy of the beautiful Awakening Heart community with those who are not able to attend the physical Sangha. (*find Dallas Meditation Center on Youtube or go to DallasMeditationCenter.com/youtube*)



GIVING (DANA)

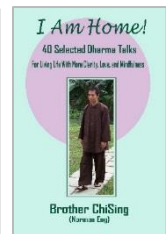
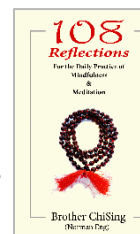
"It takes time to practice generosity but being generous is the best use of our time."
— Thich Nhat Hanh




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

Do You HAVE BROTHER CHISING'S BOOKS?

Get your copies of **108 Reflections** and **I Am Home!** at Dallas Meditation Center, Amazon.com and many other online bookstores. These make great gifts that support our center.





DALLAS MEDITATION CENTER

We are on Instagram!

@dallasmeditationcenter



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Dallas Meditation Center (One Dharma)

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5-7p AWAKENING HEART Meditation service - Safely Together: A Safe Sangha - Bobbie Perkins	2 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	3 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	4 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	5 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Jane Snyder	6 8-10p First Friday Meditate and Dance Party! - Jessica	7
8 Daylight Saving (begin) 5-7p AWAKENING HEART Meditation service - Safely Together: A Welcoming Spirit - Myles Sandoval	9 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	10 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	11 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	12 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Jane Snyder	13	14 2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins
15 5-7p AWAKENING HEART Meditation service - Safely Together: Going As A River	16 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	17 St. Patrick's Day 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	18 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	19 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Jane Snyder	20 Vernal equinox	21 9:30a-12n Yoga/Meditation Retreat - Andy McDonald 7-9p Spring Equinox Drum Circle - Katya
22 2-3:30p - Gong Journeys Osten 5-7p AWAKENING HEART Meditation service - Safely Together: Personal Practices for Establishing Safety - Michael Ferraro	23 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	24 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	25 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	26 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Jane Snyder	27	28
29 5-7p AWAKENING HEART Meditation service - Safely Together: An Informal Tea Ceremony - Cornell Kinderknecht and Bobbie Perkins 7:15p Sangha YUM Social gathering at a nearby restaurant	30 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	31 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