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

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

WWW.DALLASMEDITATIONCENTER.COM
### HIGHLIGHTS AT DALLAS MEDITATION CENTER:

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday, March 6, 2020</td>
<td>8:00-10:00pm</td>
<td>First Friday Fun Night: Meditate and Dance Party!</td>
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<td>Saturday, March 14, 2020</td>
<td>2:00-5:30 p.m.</td>
<td>Beginner’s Meditation Workshop</td>
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<td>Saturday, March 21, 2020</td>
<td>9:30 a.m.-12 noon</td>
<td>Yoga &amp; Meditation Mini-Retreat</td>
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<td>Sunday, March 22, 2020</td>
<td>2:00-3:30 p.m.</td>
<td>Gong Journeys</td>
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**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

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**WEDNESDAYS @7pm LIVESTREAMING on YouTube**

**“Mindful Moments” with Dr. Myles Sandoval, DPT**

Join Dallas Meditation Center and the Awakening Heart community with those who are not able to attend person.

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**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](http://www.DallasMeditationCenter.com). One Dharma Dallas Meditation Center Awakening Heart is a 501(c)(3) nonprofit human services organization. (EIN: 46-3512018)

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**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.

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**TEXT-TO-DONATE:**

Text **mindful** to the number **44321**

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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
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<td>5-7p AWARENING HEART Meditation service - Safely Together: A Safe Sangha - Bobbie Perkins</td>
<td>12-12:45p ZEN-to-Go</td>
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<td>8 Daylight Saving (begin)</td>
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<td>16</td>
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<td>20 Vernal equinox</td>
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**DMC Office Hours:**
Mondays – Thursdays
11:00 am - 4:00 pm
810 W. Arapaho Rd., Ste 98, Richardson, TX 75080. (972) 432-7871

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