

# DALLAS MEDITATION CENTER

## September 2020 – PRACTICING TOGETHER

**LOCATION:** 810 W. Arapaho Rd, Suite 98, Richardson, Texas 75080

All our gatherings, classes and events are currently being held live on online:  
details at: [WWW.DALLASMEDITATIONCENTER.COM](http://WWW.DALLASMEDITATIONCENTER.COM)

### SUNDAYS 5:00-7:00 PM

Awakening Heart (*Community of Mindful Living*)  
Interfaith Buddhist Spirituality (*Thich Nhat Hanh*)  
Zen, Mindfulness, Holistic Meditation (*Brother ChiSing*)

- Sep 6: Speakers: Bobbie Perkins, Brian Kimmel, Cornell Kinderknecht
- Sep 13: Speaker: Thich Minh Thien (Thay Z)
- Sep 20: Speaker: Nic Bellgarde
- Sep 27: Five Mindfulness Trainings Ceremony



### Mondays

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

### Tuesdays

- 12:00p ZEN-To-Go  
7:00p Wake Up Dallas YES Young Adults (20's & 30's)

### Wednesdays

- 9:15a TAI CHI – Janna Whitton  
10:30a QIGONG – Janna Whitton  
12:00p ZEN-To-Go  
7:30p INTERBEING Sangha – Bobbie Perkins

### Thursdays

- 12:00p ZEN-To-Go  
7:00p Recovering JOY Online

### Fridays

- 8:00p First Friday of the month: Dance & Meditate Party EDM & World Music  
7:00p All but the First Friday of the month: Earth Holder Sangha Dallas

### Saturday (once-a-month)

- \*10:00a Yoga & Meditation Mini Retreat (September 19)  
\*2:00p Monthly MEDITATION ESSENTIALS (September 19)  
Check schedule: Earth Holder monthly Saturday community service activity

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

Register Online

### GIVING (DANA)

Dallas Meditation Center and its programs are supported by the donations and efforts of the people who attend the classes and programs offered. Donations are accepted 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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