



# ZEN *flow*

SATURDAY MORNING RETREAT

**SATURDAY, JANUARY 29, 2011**

**9:00 AM – 12:30 PM**

In this morning mini-retreat on “*The JOY of Mindful Living*,” **Brother ChiSing** will facilitate a rejuvenating process of calming the body, purifying the mind, opening the heart and freeing the spirit through various modalities of meditation, both guided and silent, in stillness and in motion. If you feel your practice has been dry or stale, come and experience the **INFINITE LIGHT of LOVE and LIFE** that will renew your practice today. *Plus music, chanting & community-building.*

Suggested donation: \$30-\$50

*\* This retreat is for those who already have some experience in meditation. Those new to meditation may attend the beginner retreat on that afternoon.*

## **DALLAS MEDITATION CENTER**

727 S. Floyd Rd.  
Richardson, TX 75080  
(972) 432-7871



Facilitated by Brother ChiSing, M.Div., M.A.

*“We have more possibilities available  
in each moment than we realize.”*

*~ THICH NHAT HANH*

*Brother ChiSing, M.Div., M.A., is an ordained disciple of Thich Nhat Hanh, a former community college professor of World Religions, singer/songwriter, founder of “Awakening Heart” Ministries and the Spiritual Director of the new Dallas Meditation Center. He is one of the most popular meditation facilitators in North Texas, with over 100 students in about five or six sanghas.*

*Walk-ins are welcome; however, online pre-registration will help us prepare to serve you better:*

[www.AWAKENINGHEART.org](http://www.AWAKENINGHEART.org)