

3 MINDFUL MONDAYS:

MEDITATION, MUSIC, MESSAGE, MOVEMENT & MORE



February 21, February 28, March 7

7:00 - 9:00 PM

(optional Yoga at 6:00 PM)

This “Level 2” meditation class is for all those who have already taken the “Beginners Meditation Workshop” with Brother ChiSing, as well as for anyone who is a regular meditator at any of Brother ChiSing’s other meditation groups (*and also for anyone who may prefer meditation on Monday nights versus Sunday nights*). Also, this 3-week class at DMC will help Brother ChiSing and Andy McDonald to prepare for the new Monday night series that will start at IPC starting on March 14. Your support, presence and attendance will be very much appreciated. *Any donations accepted.*

DALLAS MEDITATION CENTER, 727 S. Floyd Rd., Richardson, TX 75080

www.AWAKENINGHEART.org