

ENLIGHTENMENT

DAY OF MINDFULNESS RETREAT



SATURDAY, MAY 14, 2011

9:00 AM - 5:00 PM

\$40-\$80 suggested donation
(bring your own bag lunch)

MEDITATION – Brother ChiSing
MOVEMENT – Andy McDonald
MUSIC – etc.

DALLAS MEDITATION CENTER

727 S. Floyd Rd.
Richardson, TX 75080

No pre-registration required

www.AWAKENINGHEART.org

