

# ZEN *flow*

**A "NEW & DIFFERENT" Kind of Meditation Retreat**  
*Energize, Enlighten & Empower Your "Love" Life!*



**SATURDAY, AUGUST 20, 2011**  
**(9:00 AM - 12:30 PM)**

- 9:00 Orientation
- 9:15 Blessing Ceremony (*Purification*)
- 9:30 Calming Yoga
- 9:45 Resting Meditation
- 10:15 Walking Meditation
- 10:30 Sitting Meditation (*plus Chanting*)
- 11:15 Energizing Qigong
- 11:30 METTA Teachings on "*Love, Compassion, Joy & Equanimity*"
- 12:15 Blessing Ceremony (*Empowerment*)
- 12:30 End

**Facilitated by BROTHER CHISING, M.A., M.Div.**  
*(ordained by Zen Master THICH NHAT HANH)*

***Awakening Heart***

**DALLAS MEDITATION CENTER**

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*Please register online by August 18 at:*



**WWW.DALLASMEDITATIONCENTER.COM**