

ZEN *flow*

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



SATURDAY, OCT 22, 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

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Please register online by October 21 at:



WWW.DALLASMEDITATIONCENTER.COM