

**APRIL 2011**

**Awakening Heart & DALLAS MEDITATION CENTER**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DMC Office Hours: MONDAYS-THURSDAYS 11:00a - 4:00p	Director: Brother ChiSing Assistant: Bobbie Perkins Webmaster: Cornell Kinderknecht	AH & DMC aspire to be:  INTERFAITH INCLUSIVE INTEGRAL INSPIRED		1 7:00p Drum Circle - Dorayne	2 9:00a-6:00p Meditation w/ Monroe Institute's "Hemi-Sync" Technology 11:00a Qigong - Michael 7:00p "TaKeTiNa" Rhythm Process - Michael Kenny
3 9:00a-4:00p Meditation w/ Monroe Institute 10:30a Holy Eucharist & Centering Prayer - Brother Lawrence (Catholic Universalist) 4:00p Yoga - Susan * 5-7p AWAKENING HEART - ChiSing	4 10:15a Yoga - Andy 11:45a-12:30p Silent Meditation - ChiSing  (7-9p Brother ChiSing @ Interfaith Peace Chapel)	5 10:30a Qigong - Michael 11:45a-12:30p Silent Meditation - ChiSing  6:00-6:45p Silent Meditation - ChiSing 7:00p Women's Wisdom (Peace Project) - Loreine	6 10:15a Yoga - Andy * 11a-2p Special Interfaith Meditation & Lunch w/ Brother ChiSing & Muslim dignitaries from N. Africa *  6:00-6:45p Silent Meditation - ChiSing 7:00p "THE WORK" (Byron Katie) - Alva	7 11:45a-12:30p Silent Meditation - ChiSing  6:00-6:45p Silent Meditation - ChiSing 7:00p Yoga - Andy 7:30p "Sacred Mandalas" Art Class (1) - Bobbie	8 [Plum Blossom Sangha - Austin Retreat: April 8-10]  7-8:30p Intro to "Energy Medicine" (Donna Eden)	9 9:30a-5:00p "Energy Medicine" (Donna Eden) Workshop - Sarah Owen  11:00a Qigong - Michael
10 (ChiSing at Unity Denton)  * 10a-12p Intro YOGA Workshop - Andy  4:00p Yoga - Susan * 5-7p AWAKENING HEART - ChiSing * (7p Community Meeting)	11 10:15a Yoga - Andy * 11:30-1:30p Buddhist monks will join us for meditation and perform a BLESSING Ceremony *  (7-9p Brother ChiSing @ Interfaith Peace Chapel)	12 10:30a Qigong - Michael 11:45a-12:30p Silent Meditation - ChiSing  6:00-6:45p Silent Meditation - ChiSing 7:00p Topical Meditation & Discussion - Vanessa	13 10:15a Yoga - Andy 11:45a-12:30p Silent Meditation - ChiSing  6:00-6:45p Silent Meditation - members 7:00p "THE WORK" (Byron Katie) - Alva	14 11:45a-12:30p Silent Meditation - ChiSing  6:00-6:45p Silent Meditation - ChiSing 7:00p Yoga - Andy 7:30p "Sacred Mandalas" Art Class (2) - Bobbie	15 7:00p Peace Project: "Conscious Community" (potluck, meditation, etc.)	16 (Wellness Expo)  * 9a-12:30p AMITABHA Retreat - ChiSing 11:00a Qigong - Michael  * 2-5:30p BEGINNERS Meditation Class - CS 8:00p Kirtan Chanting Music - Rudra Das
(Wellness Expo) 17  * 9:00-11:00a DEEPER MEDITATION - ChiSing  4:00p Yoga - Susan  * 5-7p AWAKENING HEART - ChiSing * (7p Vegetarian Potluck)	18 10:15a Yoga - Andy 11:45a-12:30p Silent Meditation - ChiSing  (7-9p Brother ChiSing @ Interfaith Peace Chapel)	19 10:30a Qigong - Michael 11:45a-12:30p Silent Meditation - ChiSing  6:00-6:45p Silent Meditation - members 7:00p Women's Wisdom (Peace Project) - Loreine	20 10:15a Yoga - Andy 11:45a-12:30p Silent Meditation - members  6:00-6:45p Silent Meditation - members 7:00p "THE WORK" (Byron Katie) - Alva	21 11:45a-12:30p Silent Meditation - members  6:00-6:45p Silent Meditation - members 7:00p Yoga - Andy 7:30p "Sacred Mandalas" Art Class (3) - Bobbie	22 <b>EARTH DAY</b> 7:00-8:30p Free Intro to "Writing through Grief" - Linda Jones  7:30p Circle "Dances of Universal Peace" (Sufi) - Nirtana	23 10:00a-2:30p "Writing through Grief" workshop - Linda Jones  11:00a Qigong - Michael
24 10:30a EASTER Service - Brother Lawrence (Catholic Universalist)  4:00p Yoga - Susan  * 5-7p AWAKENING HEART - ChiSing	25 10:15a Yoga - Andy 11:45a-12:30p Silent Meditation - ChiSing  * (7-9p CELEBRATION with Brother ChiSing @ Interfaith Peace Chapel)	26 10:30a Qigong - Michael 11:45a-12:30p Silent Meditation - ChiSing  6:00-6:45p Silent Meditation - ChiSing  * 7-9p Intro CHRISTIAN Meditation Class - CS	27 10:15a Yoga - Andy 11:45a-12:30p Silent Meditation - ChiSing  6:00-6:45p Silent Meditation - members 7:00p "THE WORK" (Byron Katie) - Alva	28 11:45a-12:30p Silent Meditation - members  6:00-6:45p Silent Meditation - members 7:00p Yoga - Andy 7:30p "Sacred Mandalas" Art Class (4) - Bobbie	29 11:00a-4:00p Integrated Movement Therapy (IMT) Basics - Molly L. Kenny  5-8p IMT & Children (Level 1) - Molly L. Kenny	30 11:00a Qigong - Michael 11:00a-4:00p Integrated Movement Therapy (IMT) & Children (Level 1) - Molly Lannon Kenny (also on May 1)  7:30p Music Concert - Cornell K. & Julie Bonk