

# BEGINNERS MEDITATION CLASS



A Morning Workshop of Meditation, Inspiration, and Transformation  
Open to people of all faiths, ethnicities, orientations, and levels of experience

Location:  
**Unity Church of Dallas**  
6525 Forest Ln  
(between Preston and Hillcrest)  
Dallas, Texas 75230  
972.233.7106

**Saturday, July 26th**  
**9 am - 12 noon**

Facilitated by **Br. ChiSing, M. Div., M.A.**  
(an ordained disciple of Zen Master *Thich Nhat Hanh*)

**Meditation reduces stress, anxiety,  
muscle tension, builds self-confidence,  
boosts the immune system, improves  
concentration and increases creativity!**



- ⊗ Sitting meditation
- ⊗ Walking meditation
- ⊗ Mindful movement
- ⊗ Teachings / Q&A
- ⊗ Sharing & Discussion

**Pre-registration requested**  
(walk-ins will be accepted)

**Sliding donation: \$30 - \$50**  
(some need-basis \$10 - \$30 scholarship  
rates available upon request in advance)

**Register online at:**  
**[www.InterMindful.com](http://www.InterMindful.com)**

"When Doing becomes infused with the timeless quality of BEING that is success" -Eckhart Tolle