

+ Revised AUGUST 2010 CALENDAR @ Dallas Meditation Center +

727 S. Floyd Rd., Richardson, TX 75080

info@dallasmeditationcenter.com

www.DallasMeditationCenter.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7:30a QIGONG w/ Michael		7:30a QIGONG w/ Michael		
						(8:00a Yoga TBD)
	9:00a Silent MEDITATION (come & go)	9:00a Silent MEDITATION (come & go)	9:00a Silent MEDITATION (come & go)	9:00a Silent MEDITATION (come & go)	9:00a Silent MEDITATION (come & go)	9:00a DMC Staff Retreat: 8-7-10
10:30a Monthly "Interbeing" Mini-Sangha: 8-8-10	10:00a YOGA w/ Andy		10:00a YOGA w/ Andy		(10:00a Yoga TBD)	9:00a Breakfast Yoga Club w/ Ricky Tran, etc.: 8-28-10
	11:30a Lunch Hour MEDITATION (walk/sit/share)	11:30a Lunch Hour MEDITATION (walk/sit/share)	11:30a Lunch Hour MEDITATION (walk/sit/share)			10:00a Mala Beads- Making Class: 8-21-10
	12:30p Vegetarian Lunch	12:30p Vegetarian Lunch	12:30p Vegetarian Lunch			
			1:00p DMC Staff Meeting			1:00p Beginners Meditation Class: 8-21-10
4:00p Mindful Yoga w/ Susan, etc.						
5:00p "Awakening Heart" Meditation & More						
7:00p Monthly Council Meeting: 8-8-10			6:00p Silent MEDITATION (come & go)		7:00p Spiritual Movie Night: 8-6-10	7:00p Satsang with Swami-ji Kalihatti: 8-21-10
7:00p Monthly Potluck Dinner: 8-22-10	("Mindful Mondays" @ Unity Church in Grapevine 7-9 pm)	("Transforming Tuesdays" @ Unity Center of Light - Plano 7-9 pm)	7:00p GRACE Christian Meditation w/ Shelly	(7:00 pm Yoga TBD)	7:30p Music Meditation w/ Cornell: 8-13-10	7:00p Kirtan Concert w/ Sound & Meaning 8-28-10

* items in **BOLD** mean that **Brother ChiSing** will be present or facilitating