

# JANUARY 2011 CALENDAR



# DALLAS MEDITATION CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:00a Yoga w/ Kevin	<b>9:00a-12:30p</b> <b>"ZEN flow"</b> <b>Retreat</b> <b>w/ Brother ChiSing</b> <b>1-29-11</b>
<b>10:30a-12:30p</b> <b>Deeper Meditation</b> <b>w/ Brother ChiSing</b> <b>1-30-11</b>	10:00a YOGA w/ Andy	10:00a QIGONG w/ Michael	10:00a YOGA w/ Andy			10:00a QIGONG w/ Michael
	<b>11:30a</b> <b>Noon MEDITATION</b> <b>w/ Brother ChiSing</b> <b>and DMC staff</b> <i>(walk/ sit/ share)</i>	<b>11:30a</b> <b>Noon MEDITATION</b> <b>w/ Brother ChiSing</b> <b>and DMC staff</b> <i>(walk/ sit/ share)</i>	<b>11:30a</b> <b>Noon MEDITATION</b> <b>w/ Brother ChiSing</b> <b>and DMC staff</b> <i>(walk/ sit/ share)</i>			
	<b>12:30p</b> <b>Vegetarian LUNCH</b> <b>w/ Brother ChiSing</b> <i>(free)</i>					<b>2:00-5:30p</b> <b>"Beginners</b> <b>Meditation Class"</b> <b>w/ Brother ChiSing</b> <b>1-29-11</b>
4:00p Mindful Yoga w/ Susan Rainey						7:00-9:00p Kirtan Chanting w/ Rudra Das 1-15-11
<b>5:00-7:00p</b> <b>"Awakening Heart"</b> <b>Meditation &amp; More</b> <b>w/ Brother ChiSing</b> <i>(childcare available)</i>	7:30-8:45p "Underearners Anonymous" Fellowship Meeting w/ Julie	7:30-9:30p Beginning Native American Flute w/ Cornell 1-18-11 – 2-8-11		7:00-8:15p 4-Week Yoga Fundamentals Series w/ Andy McDonald 1-6-11 – 1-27-11	7:00-9:00p Dances of Universal Peace 1-21-11	8:00p Kirtan Chanting w/ Sadhu Nada 1-22-11
5:00p Community Potluck @ Awakening Heart 1-23-11 <i>(dinner @ 7:00p)</i>		<b>7:00-9:00p</b> <b>Spiritual Music</b> <b>Concert w/ChiSing,</b> <b>Trish &amp; Richard</b> <b>Bruxvoort_Colligan</b> <b>1-25-11</b>			8:00-9:30p "Sound of Peace" Concert w/Tom Prasada-Rao & Cornell K 1-28-11	7:00-9:00p "Concert of Light" 1-29-11