



# ZEN

# flow

Ancient Wisdom ❁ New Expression

*Energize, Enlighten & Empower Your Life . . . with Brother Chi Sing*

**SATURDAY, NOVEMBER 21, 2009**

**9:00 AM - 12:30 PM**

- 9:00 Welcome & Introduction
- 9:15 Healing Yoga & Qigong
- 9:45 "ZEN flow" Meditation 1
- 10:15 Mindful Walking
- 10:30 "ZEN flow" Meditation 2
- 11:00 Creative Expression
- 11:15 Wisdom Teachings
- 11:45 Community-Building
- 12:15 Sacred Circle Dance
- 12:30 Conclusion

\* Love Offering (*suggested donation: \$30-\$50*)

### **CENTER FOR SPIRITUAL LIVING**

International Place – 4801 Spring Valley  
Dallas, Texas 75244  
tel: (972) 866-9988



*"We have more possibilities available  
in each moment than we realize."*

**~ Thich Nhat Hanh**

*Walk-ins are welcome; however, online pre-registration will help us prepare to serve you better:*

[www.AWAKENINGHEART.org](http://www.AWAKENINGHEART.org)