

AWAKENING HEART

The JOY of Mindful Living . . . with Brother Chi Sing

Dallas, Richardson, Grapevine, Plano, Waco, Austin, etc.

JUNE 2010

MEDITATION, MUSIC & MORE

Serenity SUNDAYS – Richardson

DALLAS MEDITATION CENTER

727 S. Floyd Rd., Richardson, TX 75080

- 4:00 Mindful Yoga with Susan Rainey
4:30 Optional Early Meditation
5:00 **MEDITATION, MUSIC & MORE**
(music by Gary Floyd, Robin Hackett & others)
7:00 Optional Dinner
(Monthly Vegetarian Potluck)

* Mark your calendars:
June 20 - "Summer Solstice Celebration"

Mindful MONDAYS – Grapevine

Unity Church in Grapevine, 1650 Hughes Rd., 76054

- 6:00 Mindful Yoga with Lynne Clem
7:00 **MEDITATION, MUSIC & MORE**
(music by Robin Hackett)

Transforming TUESDAYS – Plano

Unity Center of Light, 7300 Alma Dr., Ste 400, 75025

- 7:00 **MEDITATION, MUSIC & MORE**
(music by Gary Floyd & others)

Christian Meditation: WEDNESDAYS – Richardson

DALLAS MEDITATION CENTER

727 S. Floyd Rd., Richardson, TX 75080

- 7:00 **MEDITATION, MUSIC & MORE**
facilitated by Shelly Niebuhr & Norman Eng
www.WCCM.org

"The most precious gift we can offer others
is our presence." ~ THICH NHAT HANH



Special SATURDAY Events

@ Dallas Meditation Center

KIRTAN! Music Benefit Concert
w/ Rudra Das & friends
Saturday, June 19, 7-9 pm

Beginners Meditation Workshop
Saturday, June 26, 1 - 5 pm



www.AWAKENINGHEART.org

JUNE 2010 Calendar of Events:

(items in CAPITAL lettering means Brother ChiSing is co-facilitating)

(Childcare is always provided on Sundays 5-7p @ DMC)

(DMC = Dallas Meditation Center, 727 S. Floyd Rd., Richardson, TX 75080)

- * June 12 (Sat 9a-4p) - "**DAY OF MINDFULNESS**" Retreat @ Unity Church in Grapevine
- * June 13 (Sun 10:30a-1:30p) - "INTERBEING" Mini-Sangha + Lunch @ DMC
- * June 13 (Sun 4-5p) - Mindful Yoga w/ Susan Rainey @ DMC
- * June 13 (Sun 5-7p) - AWAKENING HEART Meditation, Music & More @ DMC
- * June 13 (Sun 7-8p) - Members & Volunteers Meeting ("Seva" = service) @ DMC
- * June 14 (Mon 6-7p) - Mindful Yoga w/ Lynne Clem @ Unity Church in Grapevine
- * June 14 (Mon 7-9p) - MINDFUL MONDAYS @ Unity Church in Grapevine
- * June 15 (Tue 7-9p) - TRANSFORMING TUESDAYS @ Unity Center of Light (Plano)
- * June 16 (Wed 7-8:30p) - CHRISTIAN MEDITATION @ DMC
- * June 19 (Sat 7-9p) - **Music Benefit Concert** (Rudra Das & Friends) @ DMC
- * June 20 (Sun 4-5p) - Mindful Yoga w/ Susan Rainey @ DMC
- * June 20 (Sun 5-7p) - **SUMMER SOLSTICE** Meditation & Celebration @ DMC
- * June 20 (Sun 7-8p) - Community Potluck Dinner (vegetarian/non-alcoholic) @ DMC
- * June 21 (Mon 6-7p) - Mindful Yoga w/ Lynne Clem @ Unity Church in Grapevine
- * June 21 (Mon 7-9p) - Mindful Mondays (Josh Hodnett) @ Unity Church in Grapevine
- * June 22 (Tue 7-9p) - Transforming Tuesdays (Jon & Linda Caswell) @ Unity Center of Light
- * June 23 (Wed 7-8:30p) - Christian Meditation (Shelly Niebuhr) @ DMC
- * June 24 (Thu 7-9p) - SUMMER SOLSTICE Meditation @ Brother ChiSing's (Austin, TX)
- * June 25 (Fri 7-10p) - SUMMER SOLSTICE Celebration @ Unity Church of Wimberley (near Austin, TX)
- * June 26 (Sat 1-5p) - **BEGINNERS MEDITATION WORKSHOP** @ DMC
- * June 27 (Sun 4-5p) - Mindful Yoga w/ Susan Rainey @ DMC
- * June 27 (Sun 5-7p) - AWAKENING HEART Meditation, Music & More @ DMC
- * June 28 (Mon 6-7p) - Mindful Yoga w/ Lynne Clem @ Unity Church in Grapevine
- * June 28 (Mon 7-9p) - MINDFUL MONDAYS @ Unity Church in Grapevine
- * June 29 (Tue 7-9p) - TRANSFORMING TUESDAYS @ Unity Center of Light (Plano)
- * June 30 (Wed 7-8:30p) - CHRISTIAN MEDITATION @ DMC

FOR MORE DETAILS, GO TO: www.AwakeningHeart.org