

# BEGINNERS MEDITATION CLASS



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

Location:  
**Dallas Meditation Center**  
727 Floyd Rd  
(near Beltline and 75-Central)  
Richardson, TX 75080

**Saturday, Aug 21**  
1:00 - 5:00 pm

Facilitated by **Brother ChiSing**  
(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*

**Sliding donation: \$30 - \$50**

Register online at:  
[www.AwakeningHeart.org](http://www.AwakeningHeart.org)

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