

# DEEP RELAXATION AND TOUCHING THE EARTH



Please join us for a beautiful and gentle practice to help you come to peace in the present moment, releasing worry, anger and fear in the body while opening to compassion. In a state of deep relaxation, we will connect with the earth, our physical ancestors and our spiritual ancestors through a ritual called “touching the earth”.

Wear comfortable clothes and bring a mat, blanket, pillow and/or sleeping bag if you like. There are some blankets & mats available at the center.

Facilitated by Cornell Kinderknecht and Bobbie Perkins.

**Saturday, October 20, 2012**

**7:30 pm – 9:00 pm**

Dallas Meditation Center

727 S. Floyd Rd.

Richardson, TX 75080

[www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com)