



# Our True Home

## LGBTQ Day of Mindfulness Retreat

**Saturday, February 24, 2018 - 10AM - 3PM**

*A true home is a place where you feel comfortable and at ease.  
You don't want to go anywhere else anymore. You feel so at home,  
so at ease. Have you found such a place? ~ Thich Nhat Hanh*

Treat yourself to a heart-opening retreat and experience the peace and joy of mindfulness. Intended for LGBTQ persons who might be new to mindfulness and meditation, as well as those who have an established meditation practice.

Experience silent, guided and walking meditation, deep relaxation, song, mindful eating and small group discussion.

Register online at [www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com)

### **Dallas Meditation Center**

810 W. Arapaho Rd, Suite 98  
Richardson, TX 75080  
**972.432.7871**

Facilitated by **Lisa November**, M.A. Ed., Order of Interbeing Aspirant; **Drew Jones**, M.A., Dharma teacher, Reiki Master; **Cornell Kinderknecht**, Dallas Meditation Center Co-Director, Order of Interbeing Aspirant.



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