

# Afternoon Mindfulness Meditation Retreat

**Saturday, August 25, 2018 • 1:00 - 5:00PM**

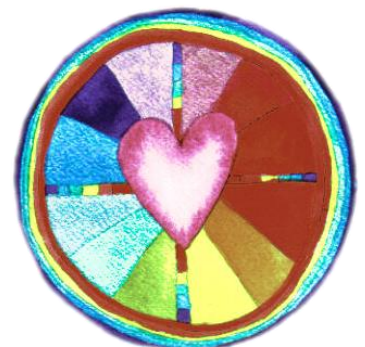
Join Dallas Meditation Center for an afternoon mindfulness meditation retreat. Experience different styles of meditation, various mindfulness practices, music, deep relaxation, and calming peace. Leave with more energy, decreased anxiety and stress, and a deeper connection to those around you.

*A wonderful opportunity to develop your mindfulness and meditation practice and connect with like-minded friends.*

- Fee: \$35/person suggested donation
- Register online at [www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com)

*Facilitated by:* **Bobbie Perkins, Lisa November, Cornell Kinderknecht, Jennifer Landon, Kelly Haltom**

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



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