

LGBTQ Mindfulness Meditation Retreat

Saturday, October 20, 2018 – 1:00 - 5:00PM

*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 different styles of meditation, various mindfulness practices, music, deep relaxation, and calming peace.

Register online at www.DallasMeditationCenter.com

Dallas Meditation Center

810 W. Arapaho Rd, Suite 98
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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 Director of Operations, Order of Interbeing Aspirant.



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