



# Afternoon Mindfulness Meditation Retreat

Saturday, January 19, 2019 • 1:30 - 5:30PM

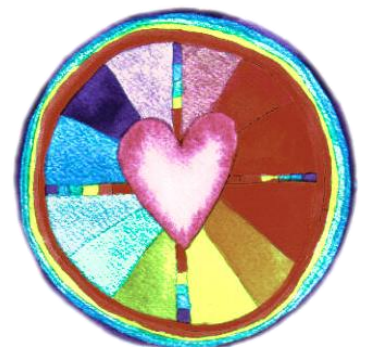
Join Dallas Meditation Center for an afternoon mindfulness meditation retreat. Experience different styles of meditation, various mindfulness practices, music, deep relaxation, and calming peace. Leave with more energy, decreased anxiety and stress, and a deeper connection to those around you.

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

- Fee: \$40/person suggested donation
- Register online at [www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com)

*Facilitated by: Bobbie Perkins, Rich McNeill, Cornell Kinderknecht and others*

**Dallas Meditation Center**  
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[www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com)