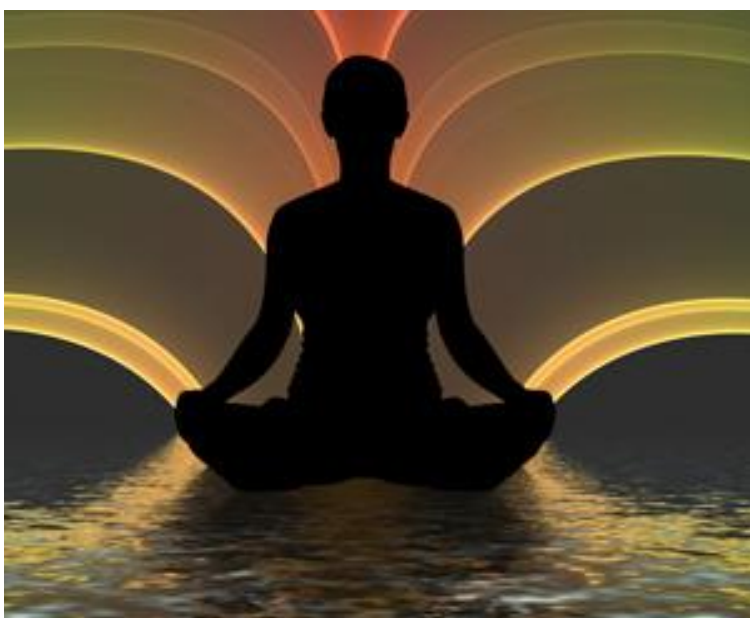


# BEGINNER'S MEDITATION WORKSHOP



*A workshop open to all who wish to experience the peace and joy of MINDFULNESS and MEDITATION.*



**SATURDAY, Oct. 12, 2019**

**• 2:00 – 5:30PM**

- Sitting meditation
- Walking meditation
- Lying down meditation
- Mindfulness practices
- Teachings/Q & A
- Sharing & Discussion

Facilitated by Bobbie Perkins

**Bobbie Perkins** is Executive Director of the Dallas Meditation Center, meditation teacher, founder of Dallas Meditation Center's Interbeing Sangha and an ordained member of **Thich Nhat Hanh's** Order of Interbeing.

Location:

**Dallas Meditation Center**

810 W. Arapaho Rd., Suite 98

Richardson, TX 75080

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

**Class Fee: \$60**

(class limited to 16 people)

**Register & pay online by Friday, Oct. 11**

**What to bring:**

\* Notebook and a pen for notes.

\* Optional bottle of water

**What to wear:**

\* Comfortable, loose fitting clothing.

\* Socks (we'll have our shoes off).



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