



Heart Chan Virtual Interactive Retreat

Interconnectedness

Heart Chan cordially invites you to join us for a virtual retreat.

We will be discussing and sharing **how Chan practice comes alive in all aspects of life, such as work/school, family, making life decisions, solving problems, etc.**

Whether you are an experienced meditation practitioner who seeks deeper insights, or a beginner interested in exploring meditation, we welcome you all.

Each session will include a talk and interactive discussions aligns with the main theme "Interconnectedness." Participants are asked to share, question, or challenge the teachings toward gaining clarity.

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| <p>Time: <i>Monday 9/6/ 21, 2 pm~6 pm (EDT)</i></p> <p>Schedule :</p> <p>2:00 pm ~ 2:50 pm – First Session 3:00 pm ~ 3:50 pm – Second Session 4:00 pm ~ 4:50 pm – Third Session 5:00 pm ~ 5:50 pm – Fourth Session</p> | <p>How to connect:</p> <p>Zoom: Meeting ID: 8164 8039 549 Direct Link to the meeting: Click here Passcode: heartchan</p> <p>Facebook: Heart Chan Torrance</p> |
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If you plan to participate:

- No registration is required. Anyone from anywhere in the world is welcome to connect.
- Please find a quiet and undisturbed location and be prepared to disconnect from your family, housemates or anyone by phone or internet.
- Participating throughout the entire retreat helps to gain maximum benefits.
- We recommend you to turn on your camera during the retreat, which offers a closer experience as if we were actually sitting in a meditation room together.

About Heart Chan:

Heart Chan is a global spiritual organization that shares the ancient teachings and practice of Chan meditation. Many people today explore meditation practice to seek peace of mind, reduce stress or improve health issues. However, Chan meditation can be much more than that. It offers an opportunity to deepen and clarify our spirituality, upon whatever path our heart takes us. Heart Chan practice places an emphasis on our heart connections as opposed to our mind connections.

Heart Chan practitioners include business professionals, families and people from all walks of life, who practice to gain deeper clarity into their life's purpose and harmony within their heart. Chan meditation has proven to be a unifying practice that awakens compassion and connectedness among practitioners from diverse faiths, backgrounds and worldviews.