



## *Heart Chan Virtual Half-Day Meditation Retreat*

Heart Chan cordially invites you to join us for a virtual meditation retreat. Whether you are an experienced meditation practitioner who seeks deeper insights or a beginner interested in exploring meditation, we welcome you all.

There will be three (3) consecutive silent meditation sessions, each for 50 minutes with a 10-minute silent break, and followed by a session for Q/A and sharing at the end. Instructions on basic meditation for beginners will be provided during the first session.

**Time: *Sunday, October 10, 2021, 2:00 pm – 6:00 pm Eastern Time***

**Schedule (*Eastern Time*):**

- 2:00 pm - 2:50 pm: First Session, Instructions on meditation basics
- 3:00 pm - 3:50 pm: Second Session, Silent Sitting
- 4:00 pm - 4:50 pm: Third Session, Silent Sitting
- 5:00 pm - 5:50 pm: Q and A and Sharing

**How to connect:**

**Zoom:**

Meeting ID: 911 977 948

Direct Link to the Meeting: Click [HERE](#)

Passcode: heartchan

**Facebook: [HERE](#)**

**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. Many practitioners have experienced Chan meditation as a unifying practice that awakens compassion and connectedness among practitioners from diverse faiths, backgrounds and worldviews.