

INTRODUCTION TO CHAN MEDITATION

CLASSES INCLUDE

Step-by-step meditation instructions
Fundamental teachings of Chan
Integration of body, mind and spirit in everyday life

DATES & TIME

Saturdays 10:00 – 11:30 am
Aug. 13, 20, 27, 2022 (3 sessions)

LOCATION

HEART CHAN MONTEREY CENTER

494 Alvarado Street, #G, Monterey, CA

Registration

Please scan the QR code
to register. Or click [here](#)



Classes are sponsored by Heart Chan, A California 501(c)(3) Nonprofit Corporation.
Donations are welcome and appreciated



Heart Chan