

# Introduction to Chan Meditation

## DATES & TIME

**SATURDAYS, 10:00 AM - 11:30 AM**

**Feb 4 - March 25**

8 sessions, free of charge

## CONTACT :

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(408) 753-5502

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

## CLASSES INCLUDE

Step-by-step meditation instructions

Fundamental teachings of Chan

Integration of body, mind, and spirit in everyday life

## HEART CHAN MEDITATION CENTER

246 S. Hillview Dr.

Milpitas, CA 95035



*Heart Chan*

