



**FIND THE BALANCE BETWEEN
ACTIVITY AND INACTIVITY**

INTRODUCTION TO HEART CHAN MEDITATION

This course offers fundamental teachings of Heart Chan meditation. We offer step-by-step instructions on meditation postures, belly breathing, chakra focusing and cultivation of chi (inner energy flow). Participants can benefit from Heart Chan meditation through relaxing their body and mind and therefore improving their overall well-being.

Another goal is to help participants integrate meditation practice into their everyday lives. With consistent meditation practice, participants can further deepen their inner awareness (mindfulness and self-awareness) and find inner happiness. No prior meditation experience required. All are welcome.

SATURDAYS, 10:00 - 11:30 AM

JAN. 28th to MAR. 18th

CLASS FEE: \$80

Foster City Rec Center

Spirit Room
650 Shell Blvd.
Foster City, CA, 94404

CONTACT ANDREW CHUNG

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Please Go to **Foster City Parks and Rec Registration System** to Register

Activity number: WINTER23-W2-A



Heart Chan
www.heartchan.org