



## INTRODUCTION TO HEART CHAN MEDITATION

We eat and sleep to sustain our health; exercise to look and feel better; read or study to stimulate the mind. The activity of our life is much like a piece of music. If it's all activity, it's just noise. When we integrate "rests" into the music, it becomes a dynamic beautiful expression.

Chan meditation allows us to find the sync between activity and inactivity, form and formless, to allow our life experience to be beautiful and fulfilling expression of life.

**Classes Include:** Step-by-step meditation instructions.  
Fundamental teachings of Chan/Zen.  
Integration of body, mind, and spirit in everyday life.

**DATE & TIME:** **THURSDAYS, 7:30 PM - 9:00 PM**  
**For 8 Weeks (March 2 TO April 20, 2023)**

**LOCATION: SummerWind Clubhouse**  
2800 Plaza Del Amo  
Torrance CA, 90503

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