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Chan is the life within us.

We are the life of Chan.



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 AM TO 11:30 AM

· April 22 – May 4, 2023 (3 sessions. The class is free)

LOCATION

Heart Chan Monterey Center

494 ALVARADO STREET, #G, MONTEREY CA 93940

To Register, Please scan



Or Click [Here](#)



Heart Chan

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