

**FIND THE BALANCE  
BETWEEN ACTIVITY  
AND INACTIVITY**



## **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.

Class will include Breathing and Relaxation Techniques, Step-by-step meditation instructions and Fundamental Teaching of Chan/Zen. Please join us and experience the wonder of Chan. (De-stress, Energize, Purify and much more.)

**DATE & TIME: THURSDAYS, 7:30 PM - 9:00 PM**

**LOCATION: SummerWind Clubhouse**

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Torrance CA, 90503

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