



Chan Calligraphy workshop

Date: 1 March/Wednesday Time: 9am-11:30am

Price: no materials charge, donations always appreciated



It can be a big stretch to take the calm and peaceful centered state of seated Chan meditation or the formal movements of Taichi/Qigong and directly translate this into our daily lives of work, kids, computers, commutes, relationships, etc...

Recognizing this in our own lives, relationships and careers, we have incorporated several classes and workshops designed or traditional for creating the bridge from practice to practical.

This Calligraphy workshop will be an experience of seated meditation, followed by instruction in materials and basic techniques/strokes of Asian calligraphy and ink painting and time to experience blending the meditation with the physical exercise of the brush...

A bridge of meditation, mind and body to connection with our spirit.

Please let us know if you plan to participate by email to herrc@heartchan.org before 27Feb.

Heart Chan East Regional Retreat Center

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