



INTRODUCTION TO HEART CHAN MEDITATION

FIND THE BALANCE BETWEEN **ACTIVITY** AND **INACTIVITY**

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.

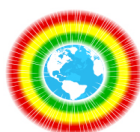
Chan allows us to find the sync between activity and inactivity, form and formless, to allow our life experience to be beautiful and fulfilling expression of life.

Please join us for the “**Heart Chan Meditation Workshop**” and experience for yourself the wonder of Chan. (De-Stress, Energize, Purify and much more).

SATURDAY, November 4 2017
10:00 AM – 11:30 AM

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