



## **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.

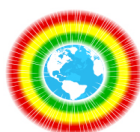
Chan allows us to find the sync between activity and inactivity, form and formless, to allow our life experience to be beautiful and fulfilling expression of life.

Please join us for the “**Introduction to Chan Meditation**” class and experience for yourself the wonder of Chan.

**Eight Weeks Introductory Class**  
**From Feb 3<sup>rd</sup> to Mar. 24<sup>th</sup>**  
**Every Saturday 10:00 AM – 11:30 AM**

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