

INTRODUCTION TO CHAN MEDITATION

FOR ADULTS



CLASSES INCLUDE

- ♦ Step-by-Step meditation instructions
- ♦ Fundamental teachings of Chan
- ♦ Integration of body, mind and spirit in everyday life

DATE & TIME

THURSDAYS, 5:30-7PM

STARTING February 22, 2018



LOCATION

MONTEREY COUNTY FREE LIBRARIES
190 Seaside Circle Marina, Ca 93933
(Marina Branch)

Class have no fee

To Register, Please Call
831-883-7507

Classes are sponsored by Heart Chan, A California 501(c)(3) Nonprofit Corporation.



www.MontereyCountyFreeLibraries.org

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