|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|  |  |  | Jan 31 | 1 | 2 | 3 |
|  |  |  |  |  |  | 3:30 – 5:00 PM Experienced  Meditation class |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  | 5:15-6:15 PM  Group Meditation |  | 5:15-5:45 PM  Qigong exercise  5:45-6:15 PM  Group Meditation |  |  | 3:30 – 5:00 PM Experienced  Meditation class |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  | 5:15-6:15 PM  Group Meditation |  | 5:15-5:45 PM Qigong exercise  5:45-6:15 PM Group Meditation  7:00-8:00 pm Q & A with MiaoMing laoshi |  |  | 3:30 – 5:00 PM Experienced  Meditation class |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  | 5:15-6:15 PM Group Meditation |  | 5:15-5:45 PM  Qigong exercise  5:45-6:15 PM  Group Meditation | 5:30-7:00 pm  8 section Instruction classes  At Marina Library |  | 3:30 – 5:00 PM Experienced  Meditation class |
| 25 | 26 | 27 | 28 | March 1 |  |  |
|  | 5:15-6:15 PM  Group Meditation |  | 5:15-5:45 PM Qigong exercise  5:45-6:15 PM Group Meditation  7:00-8:00 pm Q & A with MiaoMing laoshi | 5:30-7:00 pm  8 section Instruction classes  At Marina Library |  |  |



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Monterey Heart Chan Center

Event Schedule, Feb 2018