|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| S | Mon | T | Wed | Thu | F | Sat |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | 5:15-6:15 PM  Group Meditation |  | 5:15-5:45 PM Qigong BDJ  5:45-6:15 PM GroupMeditation | 5:30-7:00 pm  8 section Instruction classes (7)  At Marina Library |  | 3:30 – 5:00 PM  Advanced  Meditation class |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  | 5:15-6:15 PM  Group Meditation |  | 5:15-5:35 pm Qigong BDJ  5:40-6:40 pm Group Meditation  **7:00-8:00 pm Q&A with**  **MiaoMing Laoshi** | 5:30-7:00 pm  8 section Instruction classes (8)  At Marina Library |  | 3:30 – 5:00 PM  Advanced  Meditation class |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  | 5:15-6:15 PM  Group Meditation |  | 5:15-5:45 PM Qigong BDJ  5:45-6:15 PM GroupMeditation |  |  | 3:30 – 5:00 PM  Advanced  Meditation class |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | 5:15-6:15 PM Group Meditation |  | 5:15-5:35 pm Qigong BDJ  5:40-6:40 pm Group Meditation  **7:00-8:00 pm Q&A with**  **MiaoMing Laoshi** |  |  | 3:30 – 5:00 PM  Advanced  Meditation class |
| 29 | 30 |  |  |  |  |  |
|  | 5:15-6:15 PM  Group Meditation |  |  |  |  |  |



494 Alvarado Street suite G, Monterey 93940 Website: www.heartchan.org Contact: monterey.chan@gmail.com

Monterey Heart Chan Center

Event Schedule, April 2018