

A woman with dark hair tied back, wearing a white tank top and light-colored pants, is sitting in a meditative lotus position on a lush green lawn. The background is a dense, vibrant green forest. In the upper left corner, the Chinese character for Chan (禪) is written in white calligraphy.

Chan is the life within us.

We are the life of Chan.

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 an eight-session **"Introduction to Chan Meditation"** class and experience for yourself the wonder of Chan.

EVERY TUESDAY
FROM APRIL 10 TO MAY 29, 2018
10:00 AM - 11:30 AM

QUEST TAEKWONDO

800 Torrance Blvd. Suite 104
Redondo Beach, CA 90277

TO REGISTER

Contact Yaling Huang
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Heart Chan
www.heartchan.org

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