|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sun | Mon | Tue | Wed | T | Fri | Sat |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  |  | **2:30-3:15** Qigong Baduanjin  **3:30-5:00** Experience Class |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  | **5:15-6:15 PM**  Group Meditation |  |  |  |  | **2:30-3:15** Qigong Baduanjin  **3:30-5:00** Experience Class |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | **5:15-6:15 PM**  Group Meditation |  | **5:50-6:30 PM**  Group Meditation  **7:00-8:00 PM**  Miaoming Laoshi Q & A |  |  | **2:30-3:15** Qigong Baduanjin  **3:30-5:00** Experience Class |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | **5:15-6:15 PM** Group Meditation |  |  |  |  | **2:30-3:15** Qigong Baduanjin  **3:30-5:00** Experience Class |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  | **5:15-6:15 PM** Group Meditation |  | **5:50-6:30 PM**  Group Meditation  **7:00-8:00 PM**  Miaoming Laoshi Q & A |  |  | **2:30-3:15** Qigong Baduanjin  **3:30-5:00** Experience Class |



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

Monterey Heart Chan Center

Event Schedule, June. 2018