



Rosemead Library
8800 Valley Blvd.
Rosemead, CA 91770

626.573.5220

LACountyLibrary.org

@LACountyLibrary



Meditation Workshop



Photo credit: Heartchan.org

Saturday, August 25, 2018
2 - 3:30 pm

Please join us for the Heart Chan Meditation Workshop. Experience for yourself the wonder of Chan to de-stress, energize, purify and much more. Chan allows us to find the space between activity and inactivity, form and formlessness, and will help transform our life experience into a beautiful and fulfilling expression of life.

This event is for adults.

July 2108

For ADA accommodations, such as a sign language interpreter or materials in an alternative format, call 562.940.8462 (voice) or 562.940.8477 (TTY), Monday – Thursday, 8 am – 5 pm, at least 6 days prior to the event.

