|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun**  |  **Mon**  | **Tue**  |  **Wed**  | **Thu** | **Fri**  |  **Sat** |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  | **Center closed for Labor Day** |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  | **Center closed for Labor Day** |  |  |  |  | **2:30-3:15** Qigong Baduanjin **3:30-5:00** Experience Class |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | **5:15-6:15 PM** Group Meditation |  |  |  |  | **2:30-3:15** Qigong Baduanjin **3:30-5:00** Experience Class |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  | **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 |
| 23/30 | 24 | 25 | 26 | 27 | 28 | 29 |
|  | **5:15-6:15 PM** Group Meditation |  |  |  |  | **2:30-3:15** Qigong Baduanjin **3:30-5:00** Experience Class |

 

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Monterey Heart Chan Center

Event Schedule, Sept 2018