|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue**  |  **Wed**  | **Thu** | **Fri**  |  **Sat** |
|  |  |  |  |  |  | 1 |
|  |  |  | **5:15-6:15 PM** Group Meditation |  |  | **9:00-9:30** Baduanjin exercise**10:00-11:30 AM**Advanced Meditation Class |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  |  | **5:15-6:15 PM** Group Meditation |  |  | **9:00-9:30** Baduanjin exercise**10:00-11:30 AM**Advanced Meditation Class |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  |  |  | **5:15-6:15 PM** Group Meditation |  |  | **9:00-9:30** Baduanjin exercise**10:00-11:30 AM**Advanced Meditation Class |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  |  |  | **5:15-6:15 PM** Group Meditation  |  |  | **9:00-9:30** Baduanjin exercise**10:00-11:30 AM**Advanced Meditation Class |
| 23/30 | 24 | 25 | 26 | 27 | 28 | 29 |
|  |  |  | Happy ChristmasCenter Closed |  |  | **9:00-9:30** Baduanjin exercise**10:00-11:30 AM**Advanced Meditation Class |

 

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

Monterey Heart Chan Center

Event Schedule, Dec 2018