|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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 Christmas  Center Closed |  |  | **9:00-9:30** Baduanjin exercise  **10:00-11:30 AM**  Advanced Meditation Class |



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Monterey Heart Chan Center

Event Schedule, Dec 2018