|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sun | Mon | Tue | Wed | Thru | Fri | Sat |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  |  | **Center closed** |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  |  |  |  |  |  | **9:00-9:30** Baduanjin exercise  **10:00-11:30 AM**  Beginning Meditation Class (1) |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  |  |  |  |  |  | **9:00-9:30** Baduanjin exercise  **10:00-11:30 AM**  Beginning Meditation Class (2) |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  |  |  |  |  |  | **9:00-9:30** Baduanjin exercise  **10:00-11:30 AM**  Beginning Meditation Class (3) |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  |  |  |  |  |  | **9:00-9:30** Baduanjin exercise  **10:00-11:30 AM**  Beginning Meditation Class (4) |



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Monterey Heart Chan Center

Event Schedule, Feb. 2019