

Heart Chan Meditation Classes

POM Chapel Annex , civilian attire
Beginning Saturday March 2, 2019
join us for 8 sessions of Heart Chan
meditation at 1000.

Please pre register with the POC

Instructions include:

- Step-by-step instructions for basic techniques (posture, breathing exercise, focus training, etc.)
- Integration of meditation practice in everyday life
- Guidance of establishing daily practice routine

Benefits:

- *Strengthen health and relieve stress**
- *Improve focus ability**
- *Find peace from within**
- *Body-mind-spirit purification**

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