

# Heart Chan Meditation

*Find the balance between activity and inactivity*



**Time: Saturdays, 10:00 am ~ 11:30 am**

**Dates: June 15<sup>th</sup> ~Aug 10<sup>th</sup> 2019 (8 sessions)**

**(no class at July 6<sup>th</sup>)**

**Place: 494 Alvarado Street, #G Monterey, CA**

*Registration required. To register, please email: [monterey.chan@gmail.com](mailto:monterey.chan@gmail.com)*

We eat and sleep to sustain our health, exercise to look and feel better, read or study to stimulate the mind. The activity of our life is much like a piece of music. If it's all activity, it's just noise. When we integrate "rests" into the music, it becomes a dynamic beautiful expression.

Chan allows us to find the sync between activity and inactivity, form and formless, to allow our life experience to be beautiful and fulfilling expression of life.

Please join us for an eight-session "Introduction to Chan Meditation"

Class and experience for yourself the wonder of Chan

**\*\* Attending all sessions is necessary for optimal results. Weekly group sessions provide step-by-step instructions and greatly enhance and deepen the practice.**

**\*\* Heart Chan is a 501(c)(3) non-profit organization. Donations are welcome and used to support regular expenses of the Chan Center.**