|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| S | M | T | W | T | F | Saturday |
|  |  |  |  | 1 | 2 | 3 |
|  |  |  |  | 5:15-6:15 PM  Group Meditation |  | **10:00 – 11:30 am**  Introduction Chan Class 7 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  |  |  | 5:15-6:15 PM  Group Meditation |  | **10:00 – 11:30 am**  Introduction Chan Class 8 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  |  |  |  | 5:15-6:15 PM  Group Meditation |  | **10:00-11:30 AM**  Advanced Meditation Class |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  |  |  | 5:50~6:50 PM  Meditation time  7:00~8:00 PM  Online Q&A with  Miaoming Laoshi | 5:15-6:15 PM  Group Meditation |  | **10:00-11:30 AM**  Advanced Meditation Class |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|  |  |  |  | 5:15-6:15 PM  Group Meditation |  | **10:00-11:30 AM**  Advanced Meditation Class |



Monterey Heart Chan Center

Event Schedule, Aug 2019

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