|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  | **5:15-6:15 PM**  Beginning class 5  Lead by Sophia |  | **10:00-11:30 AM**  Advanced Meditation Class  Lead by Juemiao Guangming |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  |  |  |  | **5:15-6:15 PM**  Beginning class 6  Lead by Sophia |  | **10:00-11:30 AM**  Advanced Meditation Class  Lead by Jessica (Lee-Ching Lin) |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  |  |  | **5:50-6:50 PM** Group practice  **7:00 – 8:00 PM** Online  Q & A with Miaoming Laoshi | **5:15-6:15 PM**  Beginning class 7  Lead by Sophia |  | **10:00-11:30 AM**  Advanced Meditation Class  Lead by Jessica (Lee-Ching Lin) |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  |  |  |  | **5:15-6:15 PM**  Beginning class 8  Lead by Melanie |  | **10:00-11:30 AM**  Advanced Meditation Class  Lead by Yue Meng |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  |  |  |  | **Thanksgiving** | **Holiday** | **Center closed** |



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Monterey Heart Chan Center

Event Schedule, Nov. 2019