|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  |  | **5:15-6:15 PM**  Group Meditation |  | **10:00-11:30 AM**  Advanced Meditation Class  Led by Sophia |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  |  |  |  | **5:15-6:15 PM**  Group Meditation |  | **10:00-11:30 AM**  Advanced Meditation Class  Led by Jessica |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  |  |  |  | **5:15-6:15 PM**  Group Meditation |  | **Center closed for Martin Luther King Day** |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  |  |  |  |  |  | **10:00-11:30 AM**  Advanced Meditation Class  Led by Jessica |
| 26 | 27 | 28 | 29 | 30 | 31 |  |
|  |  |  |  |  |  |  |



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

Monterey Heart Chan Center

Event Schedule, January 2020