

Chan/Zen Meditation by Heart Chan

This class will include floor sitting, belly breathing, cultivation of “chi,” fundamental teachings of heart chan practice, and integrating body, mind and spirit in everyday life throughout the course. Wearing loose clothing is recommended for the class.

Instructor Viki Chao

Location DBC, Pine Room

Age 18+

Wks 8 **Res** \$90 **NR** \$95

AC 1127-1

2/11- 4/7 Tuesday 7-:30-9 pm

No Class 3/31

City of Diamond Bar | Parks & Recreation

[21810 Copley Drive, Diamond Bar, CA 91765](https://www.diamondbarca.gov/21810-Copley-Drive-Diamond-Bar-CA-91765)

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