



Academia Sinica Chan Club

2019 Heart Chan Meditation Class

*Feeling for sky,
I reach into the mud,
grab the seeds of presence,
and hold them to the sun.*

*Given to sky,
and given to body,
the lotus' purple petals
spring forth
from the fires of my heart.*



Date & Time:

*5 weeks (4/11, 4/18, 4/25, 5/2, 5/9)
Thursdays 12:10 pm - 1:20 pm*

Location:

*BI Lecture Room, Institute of Chinese
Literature & Philosophy, Academia Sinica*



Notes:

- Language for class: English
(本課程以英文深入淺出地解說禪坐方法及修行觀念，歡迎對禪坐有興趣的同仁參與)
- Loose-fitting clothes recommended
- Do not plan to attend immediately after heavy meal
- Lunch will be provided after class
- We will sit on the floor and foam mats will be provided
- Fee is NT\$500 for all classes (or prorated if not joining in the first class)

~ Contact us for registration ~
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