

**Heart Chan Meditation**  
 SYNCHRONIZING BODY MIND AND SPIRIT  
 find your inner balance between activity and inactivity  
 silence external noise

📍 Taipei 1F, No. 1, Aly. 17, Ln. 170, Sec. 4, Zhongxiao E. Rd.      🕒 9/2 Experience Chan  
 Every Wed 7:30pm-9:00pm  
 9/16 ~ 11/4 (8 classes)

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## [Heart Chan Meditation Event]

Find the balance between activity and inactivity. Join us for the Heart Chan Meditation Class. Experience for yourself the wonder of Chan Meditation to de-stress, energize, purify and much more.

Class Includes:

- Step-by-step meditation instructions
- Fundamental teachings of Chan Meditation
- Integration of body, mind and spirit in everyday life

Dates & Time:

Wednesdays, 7:30pm-9:30pm

Sept. 2 Free Trial Class

Sept. 16 ~ Nov. 4 (8 classes)

Our practice requires no prior meditation experience. Individuals with non-religious or all religious backgrounds are welcome.

Please wear socks and loose pants.

Sign up for the Trial Class here:

<http://tinyurl.com/yxwoumdn>

# INVITATION

## Mindfulness + Relaxation

*Find your inner balance between activity and inactivity.  
 Silence external noise and unlock your inner wisdom.*

**FIND YOUR INNER HARMONY**

**TRIAL CLASS (free)**  
 Heart Chan meditation experience event  
**9/2(Wed) 7:30~9:00 PM**

Co-organizer: 中央研究院康樂會禪修班 Academia Sinica Chan Club

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