

Sunday Introduction of Buddhism & Chan Meditation Group Practice

Sunday 10:15am - Noon (Open Free to the Public)

10:15am-10:30am	Eight Form Moving Meditation
10:30am-11:00am	Chan Meditation Group Practice
11:00am-11:10am	Break
11:10am-12:00pm	Zen & Inner Peace Dharma Talk & Open Discussion

**'Zen & Inner Peace' - Chan Master Sheng Yen's
Dharma talks in Chinese with English subtitle.**

To seek inner peace is to enjoy peace in life,
to care for others is to attain happiness.

~ Chan Master Sheng Yen~

