

# Sunday Programs

Open free to the Public

Chan Meditation & Study Group

10:00am - Noon (\*Except Holidays or Special Events.)

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**The Practice of Mindful Eating**

Every 2nd Sunday of the Month

12:15pm – 12:45pm

## Chan Meditation & Study Group

10:00am-10:15am

Walking Meditation

10:15am-10:30am

Eight Form Moving Meditation

10:30am-10:55am

Sitting Meditation (25 mins)

10:55am-11:00am

Body Massage & Break

11:00am-12:00am

Book Study.

(Free book distribution)

Book Title: Common Questions in the Practice of Buddhism

By Chan Master Sheng Yen

