



Buddha Gate Monastery

2017 Chan (Zen) Meditation & Buddhism Classes September to December

Experience *Chan!*

A meditation retreat brings great relief; in an instant, you will find the eternal peace and true wisdom. –Grand Master Wei Chueh

Autumn 2017 (Sep 4- Nov 27)

Class	Date	Time	Notes
Level I Meditation & Buddhism	Tue (9/5-11/21)	7-9 pm	One Stick of Incense required
Level II Meditation & Buddhism	Tue (9/5-11/21)	10-12 am	Level I meditation class required
	Thu (9/7-11/23)	7-9 pm	
Chan Meditation & Sutra Study II	Monday (9/4-11/27)	7-9 pm	Level I & II meditation classes required
Chan Meditation & Sutra Study I	Friday (9/8-11/24)	10 am-12 pm	
One Stick of Incense	Wednesdays	10-11 am	No Prerequisites
Bodhi Youth Meditation Class	9/22, 10/6 11/3, 11/10	6:40 pm- 8:30 pm	Age11-17
Bodhiseed Children Meditation Class	Saturday (9/16-11/18)	10:15 am- 12: 15 pm	Age5-10
<ul style="list-style-type: none"> • Class Instructor - Ven. Jian Sheng, Abbess of Buddha Gate Monastery. • All classes are free of charge and open to the public. We are supported by your generous donations. <p>Dress code: Wear comfortable and yet modest attire. No midriffs, bare shoulders, see-through, or low tops; no shorts or barefoot. Socks are required. Optional meditation clothing may be obtained at the monastery.</p>			

Buddha Gate Monastery

Tel: (925)934-2411

3254 Gloria Terrace, Lafayette, CA 94549

E-mail: mail@buddhagate.org

Website: www.buddhagate.org

