



Buddha Gate Monastery

2018 Chan (Zen) Meditation & Buddhism Classes January to July

Experience *Chan!*

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

Spring class (1/6-3/30) • Summer class (4/20-7/20)

Date	Time	Class	Notes
Monday	7-9 pm	Sutra Study	Level I to III required
Tuesday	10 am-12 pm	Level III (spring) Level I (summer)	Level II required No Prerequisites
	7-9 pm	Level II (spring) Level III (summer)	Level I required Level II required
Wednesdays	10-11 am	One Stick of Incense	No Prerequisites
	10 am-12 pm	Level I (spring) Level II (summer)	No Prerequisites Level I required
Thursday	10 am-12 pm	Chinese Sutra Study	Chinese Level I to III required
	7-9 pm	Level III (spring) Level I (summer)	Level II required No Prerequisites
Designated Fridays	6:40 pm-8:30 pm	Bodhi Youth Meditation Class (To be announced)	Age11-17
Saturday	9:30 am-12 pm	Chinese Level I (spring) Chinese Level II (summer)	No Prerequisites Level I required
	10:15 am-12:15 pm	Bodhiseed Children Meditation Class (starts from 1/20)	Age5-10
	2-4 pm	Chinese Level III	Level I & II required

- 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.

Dress code: Wear comfortable 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.

Buddha Gate Monastery

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