



Buddha Gate Monastery

2017 Chan (Zen) Meditation & Buddhism Classes April 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

Summer 2017 (April 22-July 15)

Class	Date	Time	Notes
Beginning Chan Meditation & Fundamental Concepts of Buddhism	Tue(4/25-7/11)	10 am-12 pm	No Prerequisites
	Thu(4/27-7/13)	7-9 pm	
Chan Meditation & Advanced Buddhist Contemplations	Tue (4/25-7/11)	7-9 pm	Beginning Level required
Chan Meditation & Sutra Study A	Monday (4/24-7/10)	7-9 pm	Beginning & Advanced Levels required
Chan Meditation & Sutra Study B	Friday (4/28-7/14)	10 am-12 pm	
One Stick of Incense	Wednesdays	10-11 am	No Prerequisites
Bodhi Youth Meditation Class (To be announced)	Designated Fridays	6:40 pm-8:30 pm	Age11-17
Bodhiseed Children Meditation Class	Saturday (5/6-7/8)	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

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