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Chan Meditation Center

October ~ December 2009

Special Events & Talks

Sunday Open House Dharma Talks

11:00am ~12:30pm

Topic: “**The Platform Sutra: The Formless Stanza**”

Oct 4

Topic: TBA

Nov 1

by Ven. Guo Xing

Topic: “**The Guan Yin Bodhisattva**”

Oct 11

“**The Practice of Guan Yin Bodhisattva**”

Oct 18

by Ven. Chang Hwa

Topic: “**Disaster and Psychological Response**”

Oct 25

by Dr. Peter Lin

Topic: TBA

TBA

Nov 8

by **Ven. Master Ren Jun**

Dec 20

Topic: “**The Eightfold Art of Living Joyfully**”

Nov 15

by Ven. Chang Chi

Topic: “**Music in Religions**”

Nov 22

by Dr. Joanne Chang

Topic: TBA

Nov 29

by Bill Wright

Topic: TBA

Dec 6

by Harry Miller

Topic: TBA

Dec 13

by Dr. David Slaymaker

Topic: TBA

Dec 20

by **Ven. Master Ren Jun**

Topic: “**The Importance of Repentance in Chan Practice**”

Dec 27

by Ven. Chang Hwa

Meditation Classes and Retreats

Beginners' Meditation Instruction in **English**, parts I & II

Fee: \$40

Instructor: Dr. David Slaymaker

Oct 24 (Sat) & 31 (Sat), 9:30am ~ 12:00pm

Intermediate Meditation Instruction in **English**

Fee: \$40

Instructor: Nancy Bonardi

Nov 7 (Sat), 9:30am ~ 03:00pm

One-Day Chan Meditation Retreat

Fee: \$25

Led by: Nancy Bonardi

Nov 14 (Sat), 9:00am ~ 5:00pm

Free Meditation Workshop (with Meditate NYC)

Led by: Dr. Rebecca Li

Nov 15 (Sun), 9:30am ~ 11:00am

Dharma Classes

Fun and Easy Buddhist Classes (in Chinese)

Instructor: CMC Monastic

Oct 2, 9, 16, 23, 30 & Nov 6 (Fri), 7:00 ~ 9:00pm

Dharma 101/102, Parts I, II, III (in English)

Instructor: Bill Wright

Dec 5, 12, 19 (Sat), 10:00am ~ 12:00pm

Special Event and Workshop

Full-Moon Meditation Festival at Central Park Oct 3 (Sat) 4:00pm ~7:00pm

“Developing Awareness of the Subtle Movements of the Mind” (in English)
Led by: Giora Carmi Oct 17 (Sat) 10:00am ~ 3:30pm

Movies and Mind

with Lindley Hanlon Nov 7 (Sat) 3:30pm-6:00pm

Weekly Activities Schedule

Sunday – Open House

Morning	10:00 - 11:00am	Sitting Meditation
	11:00 - 12:30pm	Dharma Talk*
Afternoon	12:30 - 1:00pm	Lunch Offering
	1:00 - 2:00pm	Vegetarian Lunch
	2:00 - 3:00pm	The Guanyin Ritual – Chanting of “The Universal Gateway” Sutra

2nd Sunday 2:00 - 4:00pm Great Compassion Dharani Repentance Ceremony

Last Sunday 2:00 - 3:00pm Recitation of the Bodhisattva Precepts

Monday – Chanting

Evening	7:30 - 9:00pm	Devotional Chanting of Amitabha Buddha’s Name
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Last Monday

Evening	7:30 - 9:00pm	Devotional Chanting of 88 Buddhas’ Names and Repentance
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Tuesday – Sitting Meditation

Evening	7:00 - 9:30pm	Sitting and walking meditations, yoga exercises, walking meditation, book discussion and recitation of the Heart Sutra
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Thursday – Tai Ji Quan with Instructor David Ngo

Evening	7:30 - 9:00pm	\$80 for 16 classes or \$25 per month *First class is free for newcomers.
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Tai Ji Quan is a gentle and relaxing form of traditional Chinese therapeutic exercise.

Saturday – Sitting Meditation

Morning	9:30am - 3:00pm	Open to all who have previous experience in meditation. Each period is half an hour with yoga or walking meditation in between sittings.
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