

Chan (Zen) Meditation Workshop

- Learn how to apply Dharma and meditation practice to daily life
- De-stress, relax, learn how to deal with difficult emotions
- Guidance with Chinese Chan-style meditation
- Practice mindful awareness



Sundays (9^{AM} - 12^{PM})

9/15 , 10/27 , 11/24 , 12/15

Led by Drs. Rebecca Li and David Slaymaker
DDM NJ Center: 56 Vineyard Road, Edison



OPEN TO EVERYONE
FREE ADMISSION
DONATIONS WELCOME



Questions?

Contact us: (732) 249-1898
enews@ddmbanj.org
www.ddmbanj.org