



Chan Meditation Center | DDYP  
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# CENTRAL PARK FREE MEDITATION

中央公園 戶外禪


Date: 07-28-2018

Time: 2:00 - 5:00 pm

Venue: Diana Ross Playground Lawn  
(Central Park West &, W 81st St.)

Activities:

Sitting meditation +  
Moving meditation +  
Walking meditation



Overwhelmed at work and relationship? Let's meditate in the Park to release stress from our daily life, to find our inner peace, to meet new friends and to refresh ourselves. Chan Meditation Center sincerely invite you and your friends and family. Free guided meditation from an experienced instructor. All are welcome. Please bring your own mat.

Please RSVP before 07-22 at  
<https://meditation-in-the-park-2018.eventbrite.com>

