

One Day *Chan Meditation Retreat*

*Through seas and mountains, where is your heart heading to?
From north to south, do you see your mind's voice?*

*Let's take a break from our fast-paced life and learn the art of 'slowness'
Experience the depth of simple breathing; enjoy the mindfulness of ordinary walking
Sitting-meditation, walking-meditation, eight-form moving meditation, tea-chan...*

*A relaxing meditation vacation
A fruitful spiritual journey
You will find the key to your heart and soul*

Date 7/28 · 8/25 · 9/29 · 10/27 · 12/29

Venue R815, Deguei Academy, No 77, Yanping South Road, Jhongheng Dist., Taipei City
(Exit 4, MRT Ximen Station)

Time 0930 - 1700

Contact Person:

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The retreats will be conducted in English



Take the first step towards creating calm and clarity in your life.