

1-day Beginners Meditation Retreat

3/13, 6/12, 7/10, 9/11/2022 (2nd Sunday of month 10 AM-6 PM EST.)

- 10:00-10:30 Warm up & Stretching
- 10:30-11:00 Seated Meditation**
- 11:00-11:30 Walking & Standing Meditation
- 11:30-12:00 Seated Meditation**
- 12:00-12:30 Yoga & Breath work
- 12:30-1:00 Seated Meditation**
- 1:00-2:00 Tea Chan or resting
- 2:00-2:30 Walking & Standing Meditation
- 2:30-3:15 Seated Meditation**
- 3:15-3:45 Yoga & Breath work
- 3:45-4:30 Seated Meditation**
- 4:30-5:00 Walking & Standing Meditation
- 5:00-5:45 Seated Meditation**
- 5:45-6:00 Q & A

Fee: Suggested Donation \$45-\$100

Zelle or PayPal: triple.crane@huayenworld.org

For those unable to make donations please reach out for volunteer opportunities. TCRC relies on generosity of community to operate. Your support ensures that TCRC and spiritual practices continue to take root and flourish, giving rise to greater peace and happiness in our world.

Email: triple.crane@huayenworld.org

7665 Werkner Road Chelsea, MI 48118

Tel: 734-757-8567 or 518- 417-9980 眾海 Zhong Hai (Winnie)