

Programs (The Sotaesan Center / Won Buddhism of Austin)

10/1/2019 ~ 10/31/2019

E-English / K-Korean

	10:30 am ~ 11:30 am	5:30 pm ~ 6:30 pm	7:30 pm ~ 8:30 pm	2:00 pm ~ 5:00 pm
MON				
TUE			Sitting Meditation (E)	Open for the Personal Practice (Meditation Hall)
WED				
THU		Moving Meditation (E)	Won Buddhism & Mind Study (K)	Open for the Personal Practice (Meditation Hall)
FRI				
SAT	Meditation (E)			

* All programs are opened to the public. Donations are appreciated.

* The center will be closed from 10/5, 10/8, 10/10, 10/12, and 10/22 ~ 10/31.
Holidays will be closed.

1 Day Retreat (10:00 am ~ 5:00 pm)

Place: The Sotaesan Center

Appointment needed

	Jan. ~ Feb.	Mar. ~ Apr.	May ~ Jun.	Jul. ~ Aug.	Sep. ~ Oct.	Nov. ~ Dec.
Date						12/14/2019 (Sat.)

- **Programs:** Yoga, Sitting Meditation, Walking Meditation, Moving Meditation, Vowing Meditation, Chanting, Questioning Meditation, Practice Journal, Conversation, Free Time (tea time, walk, rest, reading, etc.)