

Programs (The Sotaesan Center / Won Buddhism of Austin)

01/01/2021 ~ 03/31/2021

E - English / K - Korean

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

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

* You will be able to do your own Moving and Bowing Meditation when joining Personal Practice at meditation hall on Tuesday and Thursday afternoons. (Cancelled)

* Due to COVID-19 the programs are currently closed through March 31st, 2021.

Individual meditation practice and library on weekdays visit are available with appointments through email or phone call.

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	1/16 (Cancelled)	3/13 (Cancelled)				

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

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