

Tallahassee Chan Group Practice Calendar

July 2013						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Board meeting 5:30 Sitting 7:30-9	2	3	4 Simple meditation instructions, 7:30-9	5 1st Friday	6 Short retreat, 9-12
7 Sitting, 10:30-12 noon	8 Sitting 7:30-9	9	10	11 Simple meditation instructions, 7:30-9	12	13
14 Sitting, 10:30-12 noon	15 Sitting 7:30 TCG social, 8-9	16	17	18 Simple meditation instructions, 7:30-9	19	20
21 Sitting, 10:30-12 noon	22 Sitting 7:30-9	23	24	25 Simple meditation instructions, 7:30-9	26	27 Short retreat, 9-12
28 Sitting, 10:30-12 noon	29 Sitting 7:30-9	30	31			

Tallahassee Chan Group Practice Calendar

August 2013						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Simple meditation instructions, 7:30-9	2 1st Friday	3
4 Sitting, 10:30-12 noon	5 Board meeting 5:30 Sitting 7:30-9	6	7	8 Simple meditation instructions, 7:30-9	9	10 Short retreat, 9-12
11 Sitting, 10:30-12 noon	12 Sitting 7:30-9	13	14	15 Simple meditation instructions, 7:30-9	16	17
18 Sitting, 10:30-12 noon	19 Sitting 7:30	20	21	22 Simple meditation instructions, 7:30-9	23	24 Short retreat, 9-12
25 Sitting, 10:30-12 noon	26 Sitting 7:30-9 TCG social, 8-9	27	28	29 Simple meditation instructions, 7:30-9	30	31