



# Chan Meditation

With Chan/Zen Teacher, Guo Gu

Every Monday 7:30 – 9pm. Thurs. open-house walk-in  
meditation instructions offered

**The Tallahassee Buddhist Community**  
**At Railroad Square**  
(647 McDonnell Drive)

**Free. Open to all experience levels.**  
(Beginners, please show up 15 min early for basic instructions)

**The Tallahassee Chan Group**

Contact us at [Tallahassee.chan@gmail.com](mailto:Tallahassee.chan@gmail.com)

Visit us online: <http://tallahasseechan.com/> or Facebook: **Tallahassee Chan Group**