

	MON	TUES	WED	THUR	FRI	SAT	SUN
MORNING	5:00 AM 4 Great Vows, 108 Bows	5:00 AM 4 Great Vows, 108 Bows	5:00 AM 4 Great Vows, 108 Bows	5:00 AM 4 Great Vows, 108 Bows	5:00 AM 4 Great Vows, 108 Bows	5:00 AM 4 Great Vows, 108 Bows	CLOSED
	5:20 AM Chanting	5:20 AM Chanting	5:20 AM Chanting	5:20 AM Chanting	5:20 AM Chanting	5:20 AM Chanting	
	5:45-6:25 AM 40 mins Sitting	5:45-6:25 AM 40 mins Sitting	5:45-6:25 AM 40 mins Sitting	5:45-6:25 AM 40 mins Sitting	5:45-6:25 AM 40 mins Sitting	5:45-6:25 AM 40 mins Sitting	
AFTERNOON		2:00-4:00PM Dae-da-rani Kido & Meditation	CLOSED				
EVENING	7:00 PM Chanting	7:00 PM Chanting	7:00-8:00 PM Beginners' Class	7:00 PM-8:30PM Thursday Meditation Class	7:00 PM Chanting	7:00 PM Chanting	
	7:20-8:00 PM 40 mins Sitting	7:20-8:00 PM 40 mins Sitting			7:20-8:00PM 40 mins Sitting	7:20-8:00 PM 40 mins Sitting	

- We welcome all of you to our morning and afternoon Zen practice. You don't need to sign up.
- We Hold a Dae-da-rani Kido & Meditation practice every on Tuesday from 2PM to 4PM. Free to charge, everyone can join.
- Anyone can participate Beginners' Class, but you need to register for the Beginners' Class to join.
- Beginners' Class – 4 Weeks Schedule
  - 1 week – Why do we sit? Registered participants
  - 2 week - Why do we bow? Registered participants
  - 3 week - Why do we chanting? Registered participants
  - 4 week – Bowing, Chanting, Sitting Meditation
- You can join the Thursday Meditation Class after attending the Beginners' Class.
- We hold a one-day meditation retreat from 9:00 AM to 3:00 PM on the second week on Saturday every month.
- If you would like to participate in Beginners' Class and a one-day meditation retreat, please contact the Musangsa e-mail:office@musangsa.org or the office at +82 42 841 6084.