






# Daily Meditation Classes @ Chaiya Meditation Monastery

- 9 - 10 AM
  - 2 - 3 PM
  - 5 - 6 PM
- Open Daily





### Zoom Meeting :

-  ID: 568 279 3041
-  Code: Cmm45678


 [masterchaiya.com](http://masterchaiya.com)

 [bit.ly/master-chaiya-youtube](https://bit.ly/master-chaiya-youtube)

 [/ajahnchaiya](https://www.facebook.com/ajahnchaiya)

-  Reduce stress
-  Help control thoughts
-  Increase energy
-  Enhances awareness

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