

萬佛聖城三日參禪講座時間表

Three Days Meditation Session for Beginners at the City of Ten Thousand Buddhas

11/24 --- 11/27/11

Morning	AM	
4:00 - 5:00	打坐	1 Seated Meditation
5:00 - 5:20	跑香	Walking Meditation
5:20 - 6:20	打坐	2 Seated Meditation
6:15 - 6:45	早齋 (居士)	Breakfast (Laity)
6:20 - 6:40	跑香	Walking Meditation
6:40 - 7:40	打坐	3 Seated Meditation
7:40 - 8:00	跑香	Walking Meditation
8:00 - 9:00	打坐	4 Seated Meditation
9:00 - 9:20	跑香	Walking Meditation
9:20 - 10:20	打坐	5 Seated Meditation
10:20 - 10:40	跑香	Walking Meditation
10:50 - 11:50	午齋	Lunch
Afternoon	PM	
1:00 - 2:00	打坐 /基礎班打坐課 ◎	6 Seated Meditation / Beginners' Meditation Class ◎
2:00 - 2:20	跑香	Walking Meditation
2:20 - 3:20	打坐	7 Seated Meditation
3:20 - 6:00	放香	Break
5:15 - 5:45	晚餐 (居士)	Dinner (Laity)
6:00 - 7:00	打坐	8 Seated Meditation
7:00 - 7:20	跑香	Walking Meditation
7:20 - 8:00	開示	Lecture
8:00 - 8:20	跑香	Walking Meditation
8:20 - 9:20	打坐	9 Seated Meditation

開始 Start : at 7:30 pm, Thursday, 11/24/11。

圓滿 Complete : at 9:20 pm, Sunday, 11/27/11。

男眾禪堂：如來寺二樓。Men's side Chan Hall: TM 2nd Floor.

女眾禪堂：萬佛殿。Women's side Chan Hall: Main Buddha Hall.

@ 基礎班打坐課 BEGINNERS' MEDITATION CLASS: (屆時會公佈 It will be announced)