

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

8/16 - - 8/19/09

Morning		AM
4:00 - 4:50	打坐	1 Seated Meditation
4:50 - 5:05	跑香	Walking Meditation
5:05 - 5:55	打坐	2 Seated Meditation
5:55 - 6:45	放香/自修	Break / Self-practice
6:15 - 6:45	早齋 (居士)	Breakfast (Laity)
6:45 - 7:35	打坐	3 Seated Meditation
7:35 - 7:50	跑香	Walking Meditation
7:50 - 8:40	打坐 /基礎班打坐 ◎	4 Seated Meditation / BEGINNERS' MEDITATION CLASS ◎
8:40 - 8:55	跑香	Walking Meditation
8:55 - 9:45	打坐	5 Seated Meditation
9:45 - 10:00	跑香	Walking Meditation
10:00 - 10:50	打坐	6 Seated Meditation
10:50 - 11:50	午齋	Noon Meal
Afternoon		PM
1:00 - 1:50	打坐	7 Seated Meditation
1:50 - 2:05	跑香	Walking Meditation
2:05 - 2:55	打坐	8 Seated Meditation
2:55 - 3:10	跑香	Walking Meditation
3:10 - 4:00	打坐	9 Seated Meditation
4:00 - 6:30	放香/自修	Break / Self-practice
5:15 - 5:45	晚餐 (居士)	Dinner (Laity)
6:30 - 7:20	打坐	10 Seated Meditation
7:20 - 7:35	跑香	Walking Meditation
7:35 - 8:15	開示	Lecture
8:15 - 8:30	跑香	Walking Meditation
8:30 - 9:20	打坐	11 Seated Meditation

開始 Start : at 7:30 pm, Sunday, 8/16/09。

圓滿 Complete : at 8:15 pm, Wednesday, 8/19/09。

男眾禪堂：如來寺。Men's side Chan Hall: TM

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

◎ 基礎班打坐 **Beginners' Meditation Class**: (屆時會公佈 **It will be announced**)