

萬佛聖城三週禪七時間表

Three Weeks Chan Meditation Session the City of Ten Thousand Buddhas

12/28/08 -- 1/18/09

Morning	AM	
4:00 - 4:50	打坐	1 Seated Meditation
4:50 - 5:10	跑香	Walking Meditation
5:10 - 6:00	打坐	2 Seated Meditation
6:15 - 6:45	早齋 (居士)	Breakfast (Laitiy)
6:00 - 6:20	跑香	Walking Meditation
6:20 - 7:10	打坐	3 Seated Meditation
7:10 - 7:30	跑香	Walking Meditation
7:30 - 8:20	打坐 /基礎班打坐 (限男眾) @	4 Seated Meditation / Beginners' Meditation Class (for Men Only)
8:20 - 8:40	跑香	Walking Meditation
8:40 - 9:30	打坐	5 Seated Meditation
9:30 - 9:50	跑香	Walking Meditation
9:50 - 10:40	打坐	6 Seated Meditation
10:40 - 10:50	跑香	Walking Meditation
10:50 - 11:50	午齋	Noon Meal
Afternoon	PM	
1:00 - 1:50	打坐	7 Seated Meditation
1:50 - 2:10	跑香	Walking Meditation
2:10 - 3:00	打坐	8 Seated Meditation
3:00 - 3:20	跑香	Walking Meditation
3:20 - 4:10	打坐	9 Seated Meditation
4:10 - 6:30	放香	Break
5:15 - 5:45	晚餐 (居士)	Dinner (Laitiy)
6:30 - 7:20	打坐	10 Seated Meditation
7:20 - 7:40	跑香	Walking Meditation
7:40 - 8:20	開示	Lecture
8:20 - 8:40	跑香	Walking Meditation
8:40 - 10:10	打坐 (1.5 小時)	11 Seated Meditation (1.5 hours sit)

開始 Start : at 7:30 pm, Thursday, 12/28/08。

圓滿 Complete : at 8:20 pm, Sunday, 1/18/09。

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.

@ 男眾基礎班在大悲院第九棟禪堂舉行 The Beginners' Meditation Class of men's side is at the Chan Hall of Annex #9, Great Compassion House.