

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

10/19 -- 10/22/08

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
6:00 - 6:20	跑香		Walking Meditation
6:15 - 6:45	早齋 (居士)		Breakfast (Laity)
6:20 - 7:10	打坐	3	Seated Meditation
7:10 - 7:30	跑香		Walking Meditation
7:30 - 8:20	打坐	4	Seated Meditation
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	
12:50 - 1:40	打坐	7	Seated Meditation
1:40 - 2:00	跑香		Walking Meditation
2:00 - 2:50	打坐	8	Seated Meditation
2:50 - 3:10	跑香		Walking Meditation
3:10 - 4:00	打坐 /基礎班打坐 ◎	9	Seated Meditation / Beginners' Meditation Class ◎
4:00 - 6:00	放香		Break
5:15 - 5:45	晚餐 (居士)		Dinner (Laity)
6:00 - 6:50	打坐	10	Seated Meditation
6:50 - 7:10	跑香		Walking Meditation
7:10 - 7:50	開示		Lecture
7:50 - 8:10	跑香		Walking Meditation
8:10 - 9:00	打坐	11	Seated Meditation
9:00 - 9:20	跑香		Walking Meditation
9:20 - 10:10	打坐	12	Seated Meditation

開始 Start : at 7:30 pm, Sunday, 10/19/2008。

圓滿 Complete : at 9:00 pm, Wednesday, 10/22/2008。

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 **BEGINNERS' MEDITATION CLASS**: (屆時會公佈 It will be announced)