

是什麼

「生活即修行」是為期兩個月的沉浸式學習，學員在以佛法為基礎的社區中，體驗以道德、自律和正念為基礎的生活，及建立友誼。

what

“Living the Practice” is a two-month immersion program that enables students to engage in a lifestyle based on virtue, self-discipline, and mindfulness. The program includes physical exercise, selfless service, and Dharma study. Our campus comprises Buddhist monastics, laity, and students participating in a Dharma-based community that generates friendship, practice, and learning throughout the day.

living the practice

生活即修行

a two-month immersion program

兩個月 沉浸式 學習課程

Find us on



who

The program is suitable for both beginners and experienced practitioners seeking to discover Dharma in a traditional setting that responds to the conditions of modern life. This is an intense program that requires partici-

pants to observe the five precepts for the duration of their stay. We advise prospective participants to review the program description and schedule to carefully decide if this program is appropriate for them.

why

This program provides a foundation in Buddhist practice that combines study, meditation, and ceremonies based on primary texts.

where

The City of Ten Thousand Buddhas
2001 Talmage Rd, Ukiah, CA 95482

when

This is a two-month program from Oct 15 to Dec 18, 2016

how

For detailed information, cost and application, please visit www.drbux.org/livingpractice

DRBU Extension

This program is developed and organized by DRBU Extension. Our aim is to activate the inherent wisdom and compassion possessed by every individual through three mutually supportive practices: a virtuous life, meditative concentration, and wise discernment.

課程適合為探索佛學的初學者和有經驗的修行者，學員必須遵守佛教五戒的規則。

課程以佛學修行為主，合併經典研究、禪坐及儀式，時間從2016年10月15日至12月18日。

本課程由法界佛教大學推廣教育中心主辦，目的在運用戒定慧互相支持的修行方法，激發每一個人內在的智慧和慈悲。詳細課程描述、費用及申請表等，請瀏覽www.drbux.org/livingpractice