

# 萬佛聖城基礎禪七時間表

## Chan Meditation Session for Beginners the City of Ten Thousand Buddhas

3/30 --- 4/6/2012

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
6:20 - 7:00	放香	Break
6:15 - 6:45	早齋 (居士)	Breakfast (Laity)
7:00 - 8:00	打坐	3 Seated Meditation
8:00 - 8:20	跑香	Walking Meditation
8:20 - 9:20	打坐	4 Seated Meditation
9:20 - 9:40	跑香	Walking Meditation
9:40 - 10:40	打坐	5 Seated Meditation
10:40 - 10:50	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, Friday, 3/30/12

圓滿 Complete : at 9:20 pm, Friday, 4/6/12

男眾禪堂: 如來寺二樓 Men's side Chan Hall: TM 2<sup>nd</sup> Floor

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

@ 基礎班打坐課 **B**eginners' **M**editation **C**lass: (屆時會公佈 It will be announced)