

# 萬佛聖城三週禪七時間表

## THREE WEEKS CHAN MEDITATION SESSION THE CITY OF TEN THOUSAND BUDDHAS

1/3 -- 1/24/10

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
6:15 - 6:45	早齋 (居士)	Breakfast (Laitiy)
6:20 - 7:00	放香	Break
7:00 - 8:00	打坐 /基礎班打坐 @	3 Seated Meditation / Beginners' Meditation Class @
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	Noon Meal
Afternoon	PM	
1:00 - 2:00	打坐	6 Seated Meditation
2:00 - 2:20	跑香	Walking Meditation
2:20 - 3:20	打坐	7 Seated Meditation
3:20 - 3:40	跑香	Walking Meditation
3:40 - 4:40	打坐	8 Seated Meditation
4:40 - 6:30	放香	Break
5:15 - 5:45	晚餐 (居士)	Dinner (Laitiy)
6:30 - 7:30	打坐	9 Seated Meditation
7:30 - 7:50	跑香	Walking Meditation
7:50 - 8:30	開示	Lecture
8:30 - 8:50	跑香	Walking Meditation
8:50 - 9:50	打坐	10 Seated Meditation
9:50 - 10:00	三皈依/休息	Three Refuges / Rest

開始 Start : at 7:30 pm, Sunday, 1/03/10。

圓滿 Complete : at 8:30 pm, Sunday, 1/24/10。

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