

萬佛城如來寺禪三時間表

Men's Three-day Chan Meditation Session held in the Tathagata Monastery

City of Ten Thousand Buddhas

11/23/16 – 11/26/16

Morning		AM
4:10 - 5:40	打坐	1 Seated Meditation
5:40 - 7:10	放香	Break
6:15 - 6:45	早齋 (居士)	Breakfast (Laity)
7:10 - 8:40	打坐	2 Seated Meditation
8:40 - 9:10	跑香	Walking Meditation
9:10 - 10:40	打坐	3 Seated Meditation
10:40 - 10:45	跑香	Walking Meditation
10:45 - 11:50	午齋	Noon Meal
Afternoon		PM
1:10 - 2:10	打坐	4 Seated Meditation
2:10 - 2:30	跑香	Walking Meditation
2:30 - 3:30	打坐	5 Seated Meditation
3:30 - 6:10	放香	Break
5:15 - 5:45	晚餐 (居士)	Dinner (Laity)
6:10 - 7:40	打坐	6 Seated Meditation
7:40 - 8:10	跑香	Walking Meditation
8:10 - 9:40	打坐	7 Seated Meditation
9:40 - 9:45	跑香及三皈依	Walking Meditation and Three Refuges

開始 Start : 7:45 pm, Wednesday, 11/23/16 講解規矩 (Explaining the rules)

圓滿 Finish: 9:40 pm, Saturday, 11/26/16

男眾禪堂: 如來寺二樓 Men's side Chan Hall: Tathagata Monastery 2nd Floor.

男眾基礎班禪堂: 如來寺一樓 Chan Hall for male beginners: Tathagata Monastery 1st Floor.

基礎禪修開示 Basic meditation instructions:

時間 Time: 8:10 pm - 9:40 pm, Wednesday, 11/23/16

地點 Place: 如來寺一樓基礎班禪堂 Chan Hall for male beginners (Tathagata Monastery 1st Floor)