

# 萬佛聖城禪三時間表

THREE DAYS CHAN MEDITATION SESSION  
THE CITY OF TEN THOUSAND BUDDHAS

**3/27/15 -- 3/30/15**

Morning	AM	
4:00 - 6:00	打坐	1 Seated Meditation
5:00 - 5:05	開放***	Open Period***
6:00 - 7:10	放香	Break
6:15 - 6:45	早齋 (居士)	Breakfast (Laity)
7:10 - 8:10	打坐	2 Seated Meditation
8:10 - 8:30	跑香	Walking Meditation
8:30 - 9:30	打坐	3 Seated Meditation
9:30 - 9:50	跑香	Walking Meditation
9:50 - 10:50	打坐	4 Seated Meditation
10:50 - 10:55	跑香	Walking Meditation
10:55 - 11:50	午齋	Noon Meal
Afternoon	PM	
1:00 - 2:00	打坐	5 Seated Meditation
2:00 - 2:20	跑香	Walking Meditation
2:20 - 3:20	打坐	6 Seated Meditation
3:20 - 6:00	放香	Break
5:15 - 5:45	晚餐 (居士)	Dinner (Laity)
6:00 - 8:00	打坐	7 Seated Meditation
7:00 - 7:05	開放***	Open Period***
8:00 - 8:20	跑香	Walking Meditation
8:20 - 9:00	開示	Lecture
9:00 - 9:20	跑香	Walking Meditation
9:20 - 10:20	打坐	8 Seated Meditation
10:20 - 10:30	跑香及三皈依	Walking Meditation and Three Refuges

\*\*\*開放：請安靜進出禪堂。 \*\*\*Open Period: Please enter the Chan Hall or exit quietly.

開始 Start : at 8:20 pm, Friday, 3/27/15 講解規矩 (Explaining the rules)

圓滿 Complete : at 9:00 pm, Monday, 3/30/15

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

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

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