

萬佛聖城基礎禪三時間表

Three-day Beginners' Chan Meditation Session

The City of Ten Thousand Buddhas

11/27 – 11/30/2024 (schedule for women)

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	Walking Meditation
6:20 - 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	6 Seated Meditation
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	聽上人錄音開示	Tape Lecture
8:00 - 8:10	跑 香	Walking Meditation
8:10 - 9:00	打 坐	9 Seated Meditation
9:00 - 9:05	跑香及三皈依	Walking Meditation & Three Refuges

開始 Begins at 7:45 PM, Wed. 11/27/24

圓滿 Ends at 9:00 PM, Sat. 11/30/24

女眾禪堂: 地藏殿 Women: Earth Store Hall

出家眾: 主殿 Nuns: Main Hall

在家眾: 北殿 Laywomen: North Hall