

禪七/Chan Meditation 2024 November 11 to November 17

時間/Time	法會時間表/Assembly Schedule
4.00 - 4.20 am	行 / Walk
4.20 - 5.00 am	坐 / Sit
5.00 - 5.20 am	行 / Walk
5.20 - 6.00 am	坐 / Sit
6.15am	早餐 / Breakfast
7.00 - 7.20 am	行 / Walk
7.20 - 8.00 am	坐 / Sit
8.00 - 8.20 am	行 / Walk
8.20 - 9.00 am	坐 / Sit
9.00 - 9.20 am	行 / Walk
9.20 - 10.00 am	坐 / Sit
10.00 - 10.20 am	行 / Walk
10.20 - 11.00 am	坐 / Sit
11.00 - 11.20am	行 / Walk
11.20am-12.20pm	午齋 / Lunch
1.00 - 1.20 pm	行 / Walk
1.20 - 2.00 pm	坐 / Sit
2.00 - 2.20 pm	行 / Walk
2.20 - 3.00 pm	坐 / Sit
3.00 - 3.20 pm	行 / Walk
3.20 - 4.00 pm	坐 / Sit
4.00 - 4.20 pm	行 / Walk
4.20 - 5.00 pm	坐 / Sit
5.00 - 6.00 pm	放香/晚餐 / Dinner
6.00 - 6.20 pm	行 / Walk
6.20 - 7.00 pm	坐 / Sit
7.00 - 8.00 pm	禪七開示 / Dharma Talk on Meditation
8.00 - 8.20 pm	行 / Walk
8.20 - 9.00 pm	坐 / Sit
9.00 pm	三皈依，結束 / Three Refuges, End

2024 November 11 7pm 起七

Chan Meditation start at 7pm 2024 November 11