

# 萬佛城如來寺禪三時間表

## The Three-day Meditation Session At The Tathagata Monastery (CTTB)

11/27/24 - 11/30/24

Morning	AM	
4:00 - 5:00	打坐	1 Seated Meditation
5:00 - 5:30	跑香	Walking Meditation
5:30 - 6:30	打坐	2 Seated Meditation
6:30 - 8:30	放香	Break
8:30 - 9:30	打坐	3 Seated Meditation
9:30 - 10:00	跑香	Walking Meditation
10:00 - 10:45	打坐	4 Seated Meditation
10:50 - 11:50	午齋	Noon Meal
Afternoon	PM	
1:30 - 2:30	打坐	5 Seated Meditation
2:30 - 3:00	跑香	Walking Meditation
3:00 - 4:00	打坐	6 Seated Meditation
4:00 - 6:30	放香	Break
6:30 - 7:30	打坐	7 Seated Meditation
7:30 - 8:00	跑香	Walking Meditation
8:00 - 9:00	打坐	8 Seated Meditation
9:00 - 9:05	跑香及三皈依	Walking Meditation and Three Refuges

開始 Start : 7:35 pm, Wednesday, 11/27/2024

講解規矩以及分配禪堂座位

(Explaining the rules & assigning the seats in the Meditation Hall)

圓滿 Finish : 9:00 pm, Saturday, 11/30/2024

男眾禪堂 : 如來寺二樓。

The Mediation Hall of Men's side: TM's 2<sup>nd</sup> Floor.

Please maintain silence.



請保持安靜