

金佛聖寺精進禪七時間表

Gold Buddha Monastery Meditation Retreat Schedule

4:00 - 5:00	a.m.	1st Sit 坐香
5:00 - 5:20	a.m.	Walking Meditation 行香
5:20 - 6:00	a.m.	2nd Sit 坐香
6:00 - 6:20	a.m.	Walking Meditation 行香
6:20 - 7:00	a.m.	3rd Sit 坐香 (breakfast for those needed 早齋予有需要者)
7:00 - 7:20	a.m.	Walking Meditation 行香
7:20 - 8:00	a.m.	4th Sit 坐香
8:00 - 8:20	a.m.	Walking Meditation 行香
8:20 - 9:00	a.m.	5th Sit 坐香
9:00 - 9:20	a.m.	Walking Meditation 行香
9:20 - 10:00	a.m.	6th Sit 坐香
10:00 - 10:20	a.m.	Walking Meditation 行香
10:20 - 10:50	a.m.	7th Sit 坐香
10:50 - 12:00	noon	Lunch(午齋)
12:00 - 1:00	p.m.	Clean Up/Free Time (出坡)
1:00 - 2:00	p.m.	8th Sit 坐香
2:00 - 2:20	p.m.	Walking Meditation 行香
2:20 - 3:00	p.m.	9th Sit 坐香
3:00 - 3:20	p.m.	Walking Meditation 行香
3:20 - 4:00	p.m.	10th Sit 坐香
4:00 - 6:00	p.m.	Free Time / Dinner (養息香,藥石)
6:00 - 7:00	p.m.	11th Sit 坐香
7:00 - 7:15	p.m.	Walking Meditation 行香
7:15 - 8:30	p.m.	Talks on Meditation/Q&A (恆興法師開示, 禪坐問答)
8:30 - 8:40	p.m.	Walking Meditation 行香
8:40 - 9:30	p.m.	12th Sit 坐香
9:30 -	p.m.	Rest (安單)

All participants must observe silence during the retreat 禪七期間禁語

Meal offering and meal ending verses will be recited silently 午齋時各自默念供養偈及結齋

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