

# 金佛聖寺禪七時間表 - 2017年4月30日至5月6日

## Gold Buddha Monastery Meditation Retreat Schedule - April 30 – May 6, 2017

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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