

金佛聖寺禪七時間表

Gold Buddha Monastery Chan Session Schedule

4:00–5:00AM	1 st Sit 坐香	
	行香 Walking Meditation (20 mins)	
5:20–6:00	2 nd Sit 坐香	
	行香 Walking Meditation (20 mins)	
6:20–7:00	3 rd Sit 坐香	
	行香 Walking Meditation (20 mins)	
7:20–8:00	4 th Sit 坐香	
	行香 Walking Meditation (20 mins)	
8:20–9:00	5 th Sit 坐香	
	行香 Walking Meditation (20 mins)	
9:20–10:00	6 th Sit 坐香	
	行香 Walking Meditation (20 mins)	
10:20–10:50	7 th Sit 坐香	
	10:50–12:00	午齋 Lunch
	12:00–1:00PM	出坡 Clean up / Free time
1:00–2:00PM	8 th Sit 坐香	
	行香 Walking Meditation (20 mins)	
2:20–3:00	9 th Sit 坐香	
	行香 Walking Meditation (20 mins)	
3:20–4:00	10 th Sit 坐香	
	4:00–6:00	養息香、藥石 Free time / Dinner
6:00–7:00	11 th Sit 坐香	
	行香 Walking Meditation (20 mins)	
	7:15–8:30	恒興法師開示、禪坐問答 Talks on Meditation / Q&A
	行香 Walking Meditation (10 mins)	
8:40–9:30	12 th Sit 坐香	
	9:30PM	安單 Rest

All participants are encouraged to keep silence. 禪七期間盡量保持禁語

Meal offering and meal verse will be recited silently. 午齋時各自默念〈供養偈〉及結齋