更新版
REVISED

金佛聖寺禪七時間表

Gold Buddha Monastery Chan Session Schedule

4:00–5:00AM		坐香（第一支香）1st Sit
5:00–5:20AM		行香 Walking Meditation
5:20–6:00		坐香（第二支香）2nd Sit
6:00–6:20AM		行香 Walking Meditation
6:20–7:00		坐香（第三支香）3rd Sit ※早齋（給有需要者）Breakfast for those needed
7:00–7:20AM		行香 Walking Meditation
7:20–8:00		坐香（第四支香）4th Sit
8:00–8:20AM		行香 Walking Meditation
8:20–9:00		坐香（第五支香）5th Sit
9:00–9:20AM		行香 Walking Meditation
9:20–10:00		坐香（第六支香）6th Sit
10:00–10:20AM		行香 Walking Meditation
10:20–10:50		坐香（第七支香）7th Sit
	10:50–12:00PM	午齋 Lunch
	12:00–1:00PM	出坡 Clean up / Free time
1:00–2:00PM		坐香（第八支香）8th Sit
2:00–2:20PM		行香 Walking Meditation
2:20–3:00		坐香（第九支香）9th Sit
3:00–3:20PM		行香 Walking Meditation
3:20–4:00		坐香（第十支香）10th Sit
	4:00–6:00PM	養息香、藥石 Free time / Dinner
6:00–7:00		坐香（第十一支香）11th Sit
7:00–7:15PM		行香 Walking Meditation (15 mins)
	7:15–8:30	恒興法師開示、禪坐問答 Talks on Meditation / Q&A
8:30–8:40PM		行香 Walking Meditation (10 mins)
8:40–9:30		坐香（第十二支香）12th Sit
	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