

Retreat Schedule 禅修日程表

(subject to change 可能调整)

Time 时间	Activity 项目
7.30am	Registration 报到
8am	Briefing 简报
8.10am	Puja, 8 Precepts & Dhamma Talk 颂经/八戒/佛法开示
9.30am	Walking Meditation 行禅
10am	Sitting Meditation 坐禅
11am	Lunch and Rest 午餐与休息
12pm	Walking Meditation 行禅
12.30pm	Sitting Meditation 坐禅
1.30pm	Walking Meditation 行禅
2.15pm	Sitting Meditation 坐禅
3.15pm	Break 休息
3.45pm	Dhamma Talk, Closing & Group Photo 佛法开示/闭幕/合影
5.30pm	End 结束