



ZEN

禪

101

Date: April 1

Time: 7am-5pm

Cost: Free

華嚴精舍

Avatamsaka Vihara

9601 Seven Locks Road, Bethesda, MD 20817



禪入門基礎 Zen 4/1/2017

3:30AM	Wake up 起床
4:00-5:00	Morning Recitation 早課
5:00-5:40	Recitation of Shurangama Mantra 誦楞嚴咒三遍
6:00-6:30	Breakfast 早餐
7:00-7:30	Exercise 運動
7:30-8:20	First Sit 第一支香
8:20-8:40	Walk Meditation 行香
8:40-9:30	Second Sit 第二支香
9:30-9:50	Walk Meditation 行香
9:50-10:20	Third Sit 第三支香
10:30	Meal offering 午供 延生堂回向 Ceremony for Lengthening life
11:00-11:50	Lunch 午餐
12:00-12:30	Cleaning 清潔
1:00-2:00	Lecture 聽法
2:10-3:00	Fourth Sit 第四支香
3:00-3:20	Walk Meditation 行香
3:20-4:00	Fifth Sit 第五支香
3:40-4:00	Walk Meditation 行香
4:00-4:50	Summary 結論

住宿請提早報名以便安排

Lodging is available but need to reserve with Ying at

<yinginusa@gmail.com>

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