

**跨年三天兩夜禪修營 Year-end Meditation Retreat**  
**日程表 Schedule**

| <b>30 Dec (星期一 Monday)</b> |   | <b>31 Dec (星期二 Tuesday)</b>                     | <b>1 Jan (星期三 Wednesday)</b>  |
|----------------------------|---|---|---|
| 5:00                       |   | 起床 / 梳洗<br>Wake up and washroom time            | 起床 / 梳洗<br>Wake up and washroom time                                  |
| 5:30-6:30                  |   | 早課誦經、坐禪<br>Morning Chanting, Sitting Meditation | 早課誦經、坐禪<br>Morning Chanting, Sitting Meditation                       |
| 7:00                       | 義工到達<br>Volunteers arrive                       | 早餐<br>Breakfast                                 | 早餐<br>Breakfast   |
| 8:00-9:00                  | 參加者到達、安放行李<br>Registration & check into rooms   | 坐禪<br>Sitting Meditation                        | 坐禪<br>Sitting Meditation  |
| 9:00-10:00                 | 簡介 / 受戒<br>Orientation / Taking Precepts        | 行禪<br>Walking Meditation                        | 行禪<br>Walking Meditation  |
| 10:00-11:30                | 禪修開示 / Meditation Talks                         | 禪修開示 / Meditation Talks                         | 禪修開示 / Meditation Talks   |
| 11:30 – 1:30               | 午餐及小休<br>Lunch & Rest Time                      | 午餐及小休<br>Lunch & Rest Time                      | 午餐及小休<br>Lunch & Rest Time  |
| 1:30 – 3:30                | 行禪 / 坐禪<br>Walking / Sitting Meditation         | 行禪 / 坐禪<br>Walking / Sitting Meditation         | 行禪 / 坐禪<br>Walking / Sitting Meditation                               |
| 3:40-5:00                  | 禪修開示 / Meditation Talks                         | 禪修開示 / Meditation Talks                         | 總結分享 / Sharing & Closing Remarks<br>團體照片、收拾行李 / Group Photo & Packing |
| 5:00 - 6:00                | 小參 / Interview                                  | 小參 / Interview                                  | 參加者離開營地<br>Participants depart Camp site                              |
| 6:00 - 7:00                | 梳洗時段 / Shower time                              | 梳洗時段 / Shower time                              | 義工離開營地<br>Volunteers depart Camp site                                 |
| 7:00 - 8:30                | 晚課誦經、坐禪<br>Evening chanting, Sitting Meditation | 晚課誦經、坐禪<br>Evening chanting, Sitting meditation |   |
| 8:30 - 9:30                | 佛法開示<br>Dhamma sharing                          | 佛法開示<br>Dhamma sharing                          |   |
| 10:00                      | 就寢<br>Lights Off                                | 就寢<br>Lights Off                                |   |