

週日禪修

Sunday 1-Hour
Meditation
Class

1小時禪修體驗

每月的第一, 三, 五 週日 是華文班.

第二, 四週日是英文班.

Every 1st, 3rd, 5th Sunday is Chinese Class;

2nd, 4th Sunday is English Class.

每週日上午 10點40分開始

Every Sunday Start Time: 10.40 am

雲陽寺將引領學員體驗佛陀親自教導弟子的安般念禪修法門, 一步一腳印地深入原始佛教之四念處, 秉持四聖諦教義與實修步上究竟解脫之道.

Yun Yang Temple is offering Anapanasati Meditation technique, leading to Fourfold Stages of Mindfulness and with practicing the Fourfold Noble Truth (as taught by Buddha) guiding us towards the path of Liberation.



Full Lotus

Half Lotus

Burmese



On a stool

Seiza

On a Chair

安般念課程 (靜坐):

1. 20分鐘課程介紹與禪坐正確坐姿
2. 35分鐘靜坐 (或法音開示)
3. 5分鐘討論及結語

Anapanasati Meditation Introduction:

1. Introduction & posture (20 minutes)
2. 35 minutes Sitting [Optional Dharma Talks]
3. Discussion & Conclusion (5 minutes)

學員不僅可以學習禪坐與原始佛教的基礎, 以後學員可以參加一日禪, 三日禪, 或十日至三十日禪, 精進學習.

Student can learn Meditation and Buddhism in order to participate in the 1-Day, 3-Days or 10 to 30-Days Meditation Retreats.

此課程以普通話為主

有興趣者請到辦公室報名:

雲陽寺 Yun Yang Temple

6-10 Reservoir Road,

Narre Warren North, Vic 3804

參加費用: 隨喜贊助

劉師姐 Ms Mei Liu, 曾文 Albert Chang

Tel: 03-9796 8079, 0411883988

info@yunyangtemple.org.au

www.yunyangtemple.org.au