

輕鬆 快樂 自在

一日禪修 One day meditation

課程內容 Program		
上午 AM	9:00 - 9:15	報到關手機 Registration, turn off mobile
第一支香 1 st Incense	9:15 - 10:00	熱身運動、佛法開示 Warm up & Dharma talk
第二支香 2 nd Incense	10:15 - 11:00	靜坐止觀 Sitting meditation
第三支香 3 rd Incense	11:15 - 12:00	靜坐止觀、行禪 Sitting & Walking meditation
下午 PM	12:00 - 13:00	午休、林間行禪 Lunch Break
第四支香 4 th Incense	13:15 - 14:00	佛法開示、立禪 Dharma talk & Standing meditation
第五支香 5 th Incense	14:15 - 15:00	靜坐止觀或立禪 Sitting or Standing meditation
第六支香 6 th Incense	15:15 - 16:00	靜坐止觀 Sitting meditation
圓滿 End		回向 Dedication

日期 Date：2022 年九月起，每月第四個星期六 Every 4th Saturday

地點 Venue：雲陽寺新禪堂 New Meditation Hall

報名方式 Registration：電話 Phone - 0397968079，微信 Wechat：sabrina-xie,

雲陽寺辦公室 Yun Yang temple office 星期日 Sunday 9：00 - 12：00

報名截止日期：每月第三個星期天 Registration Closing Date: 3rd Sunday.

- 佛院供應午齋、茶水，請自帶水杯 Vegetarian lunch & tea is provided, please bring your drinking bottle.
- 請穿著保暖，白色或淺色禪修服 Please make sure you have enough cloth to keep yourself warm and wear comfortable white or light colour meditation cloth.
- 禪修全程為中文，觀看淨光法師佛法開示視頻 Watching Dharma talk video taught by Master Jing Guang and it is in Chinese.
- 提前報名，費用隨喜，為保持禪修品質，請遵守以下禪堂規約：手機關機，佩戴口罩，禪堂內一律禁語，全程參加 Registration is required, donations are welcome, please make sure you follow the meditation rules during the retreat: **Turn off your mobile, Wear face mask, Noble silence, No late arrival and early departure**



輕鬆—身心放鬆；快樂—寧靜喜樂；自在—覺知當下

