

2024 TOE Meditation Retreat Schedule

Mindfulness of Breaths

	Nov. 15 (Fri)	Nov. 16 Sat	Nov. 17 Sun
9:00am~11:30am		Sitting and walking Meditation 坐禪、行禪	Meditation 禪修
11:30am~1:30pm		Lunch 午餐 / Rest 午休	
1:30pm~5:00pm	1:00pm (office) Registration 報到 1:30pm Orientation 簡報 2:00pm Rules for Meditation, 禪修儀規講解	Meditation 禪修 3:00pm Interview 小參	Meditation 禪修 3:00pm Interview 小參
			Clean Up Place 場地恢復

小參時段請參閱所排定的時間。

Interview Group and Time Please Refer to Scheduled Table

1. Please arrive before 9am on Saturday and Sunday.
2. All meditators are advised to join Q&A.
3. Please wear comfortable and decent clothes and trousers.
4. You may bring your own cushion.

1. 星期六和星期日請在早晨 9 點之前到達。
2. 我們建議所有的學員參加小參。
3. 請穿舒適和整潔的衣服和褲子。
4. 您可以帶自己的坐墊。