

Time & Date	7/4 (Friday)	7/5 (Saturday)	7/6 (Sunday)
3:30am	起板 Wake up morning call		
4:00-5:00am	早課 Morning Recitation		
5:00-5:30am	楞嚴咒 (3 遍) Shurangama Mantra (3X)		
5:30-8:00am	打坐 Meditation		
6:00-6:30am	早餐 Breakfast		
8:00-8:35am	灑淨 Purify the Boundary	8:00-8:20am 遶念 Walking recitation	8:00-8:20am 遶念 Walking recitation
8:50-9:10am	遶念 Walking recitation	8:20-8:40am 坐念 Sitting recitation	8:20-8:40am 坐念 Sitting recitation
9:10-9:30am	坐念 Sitting recitation	8:40-9:00am 遶念 Walking recitation	8:40-9:00am 遶念 Walking recitation
9:40-10:30am	開示 Instructional Talk	9:00-9:20am 坐念 Sitting recitation	9:00-9:20am 坐念 Sitting recitation
		9:40-10:30am 開示 Instructional Talk	9:40-10:30am 開示 Instructional Talk
10:45am	午供及午餐 Meal offering & Lunch		
1:20-1:40pm	遶念 Walking recitation		7/6/2025 Sunday 12:30pm~ 清潔會場 cleaning
1:40-2:00pm	坐念 Sitting recitation		
2:00-2:20pm	止靜 Silence recitation		
2:20-2:40pm	遶念 Walking recitation		
2:40-3:00pm	坐念 Sitting recitation		
3:00-3:20pm	止靜 Silence recitation		
3:20-3:40pm	遶念 Walking recitation		
3:40-4:00pm	坐念 Sitting recitation +迴向 Dedication of Merit		
5:00-5:30pm	藥石 Dinner		
6:30-7:30pm	晚課 Evening		
7:30-8:30pm	開示 Instructional Talk		
8:30-9:00pm	咒心 Mantra Heart		
9:00-10:30pm	自修 Self-study		
10:30pm	熄燈 Lights out		