

雪山寺禪三行程表

Snow Mountain Monastery

50924 Index-Galena Road, Index WA 98256 Tel: 360-7990699

SMM Schedule of 3-Day Chan Meditation

Aug. 30th – Sep. 1st, 2025 (Saturday-Monday)

Aug. 30th – Aug. 31, 2025 (Sat-Sun)			Sep. 1st, 2025 (Monday)		
3:40-4:00am	行香	Walking Meditation	3:40-4:00am	行香	Walking Meditation
4:00-5:30am	坐香 1	Sitting Meditation	4:00-5:30am	坐香 1	Sitting Meditation
5:30-7:40am	早餐	Break or (Breakfast 6:00-6:30am)	5:30-7:40am	早餐	Break or (Breakfast 6:00-6:30am)
7:40-8:00am	行香	Walking Meditation	7:40-8:00am	行香	Walking Meditation
8:00-8:50am	坐香 2	Sitting Meditation	8:00-8:50am	坐香 2	Sitting Meditation
8:50-9:10am	行香	Walking Meditation	8:50-9:10am	行香	Walking Meditation
9:10-10:00am	坐香 3	Sitting Meditation	9:10-10:00am	坐香 3	Sitting Meditation
10:00-10:40am	開示 4	Instructional Talk	9:40-10:40am	開示 4	Instructional Talk
10:50-12:10pm	午餐	Lunch	10:50-12:10pm	午餐	Lunch
12:40-1:00pm	行香	Walking Meditation	12:30pm	清理	Clean up
1:00-1:50pm	坐香 5	Sitting Meditation			
1:50-2:10pm	行香	Walking Meditation			
2:10-3:00pm	坐香 6	Sitting Meditation			
3:00-3:20pm	行香	Walking Meditation			
3:20-4:20pm	開示 7	Instructional Talk			
4:20-6:30pm	藥石	Break or (Dinner 5-5:30)			
6:30-6:50pm	行香	Walking Meditation			
6:50-7:50pm	坐香 8	Sitting Meditation			
7:50-8:10pm	行香	Walking Meditation			
8:10-9:10pm	開示 9	Instructional Talk			
10:30pm	熄燈	Lights Out			