

雪山寺禪三行程表

Snow Mountain Monastery

50924 Index-Galena Road, Index WA 98256 Tel: 360-7990699, 425-999-1553

SMM Schedule of 3-Day Chan Meditation

Sep. 5th – Sep. 7th, 2026 (Saturday-Monday)

Sep.5 th – Sep.6 th ,2026 (Sat-Sun)			Sep. 7 th , 2026 (Monday)		
4:40-5:00am	行香	Walking Meditation	4:40-5:00am	行香	Walking Meditation
5:00-6:00am	坐香 1	Sitting Meditation	5:00-6:00am	坐香 1	Sitting Meditation
6:15-6:45am	早餐	Break or (Breakfast 6:15-6:45am)	6:15-6:45am	早餐	Break or (Breakfast 6:15-6:45am))
7:00-7:20am	行香	Walking Meditation	7:00-7:20am	行香	Walking Meditation
7:20-8:20am	坐香 2	Sitting Meditation	7:20-8:20am	坐香 2	Sitting Meditation
8:20-8:40am	行香	Walking Meditation	8:20-8:40am	行香	Walking Meditation
8:40-9:40am	坐香 3	Sitting Meditation	8:40-9:40am	坐香 3	Sitting Meditation
9:40-9:50am	行香	Walking Meditation	9:40-9:50am	行香	Walking Meditation
9:50-10:40am	坐香 4	Sitting Meditation	9:50-10:40am	開示 4	Instructional Talk
10:50-12pm	午餐	Lunch	10:50-12pm	午餐	Lunch
12:40-1:00pm	行香	Walking Meditation	12:30pm 清理 Clean up		
1:00-2:00pm	開示 5	Instructional Talk			
2:00-2:20pm	行香	Walking Meditation			
2:20-3:20pm	坐香 6	Sitting Meditation			
3:20-3:40pm	行香	Walking Meditation			
3:40-4:40pm	坐香 7	Sitting Meditation			
5:00-5:30pm	藥石	Break or (Dinner 5-5:30)			
6:10-6:30pm	行香	Walking Meditation			
6:30-7:30pm	坐香 8	Sitting Meditation			
7:30-7:50pm	行香	Walking Meditation			
7:50-8:50pm	開示 9	Instructional Talk			
10:30pm	熄燈	Lights Out			