

2018 TOE Meditation Retreat Schedule

Mindfulness of Breaths

	11/09 (Fri)	11/10 Sat		11/11 Sun
9:00am~11:30am		Sitting and walking Meditation 坐禪、行禪	Meditation 禪修	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
5:00pm~6:00pm		Clean Up Place 場地恢復		
<p>小參時段請參閱所排定的時間。 Interview Group and Time Please Refer to Scheduled Table</p>				

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。