**2023 TOE Meditation Retreat Schedule**

**Mindfulness of Breaths**

**Sep 15,16 and 17**

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|  | 9/15  (Fri ) | 9/16  Sat | 9/17  Sun |
| 9:00am~11:30am |  | Sitting and  walking  Meditation  坐禪、行禪 | |
| 11:30am~1:30pm | Lunch午餐/ Rest午休 | |
| 1:30pm~5:00pm | 1:00pm  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~5:30pm | 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 | | | |

**Donation to support the retreat is appreciated.**

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