**2023 TOE Meditation Retreat Schedule**

 **Mindfulness of Breaths**

**Sep 15,16 and 17**

|  |  |  |  |
| --- | --- | --- | --- |
|  | 9/15(Fri ) | 9/16 Sat  | 9/17Sun  |
| 9:00am~11:30am |  | Sitting andwalkingMeditation坐禪、行禪 |
| 11:30am~1:30pm | Lunch午餐/ Rest午休 |
| 1:30pm~5:00pm | 1:00pmRegistration報到1:30pmOrientation 簡報2:00pmRules 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。