



## MEDITATION RETREAT

**2 Day**

<b>Day 1:</b>		
<b>Time</b>	<b>Activity</b>	<b>Venue</b>
9:00 ~ 9:30am	Morning Tea	Pilgrim Lodge
9.30 ~ 10.00am	Introduction to Retreat	Meditation Hall
10.10 ~ 11.20am	Lecture	Meditation Hall
11:30 ~ 12:10pm	Lunch	Dining Hall
12:20 ~ 1:20 pm	Walking & Outdoor Meditation	Temple Grounds
1:30 ~ 2:20pm	Lecture	Meditation Hall
2:30 ~ 4:00pm	Tour	Temple Grounds
4:00 ~ 4:30pm	Afternoon Tea	Pilgrim Lodge
4:30 ~ 5:00pm	Drum & Bell	Main Shrine
5:00 ~ 5:50pm	Shower/ Break	Pilgrim Lodge
6.00 ~ 7.00pm	Dinner & Free Time	Dining Hall
7.10 ~ 8.10pm	Lecture	Meditation Hall
8.20 ~ 8.40pm	Meditation	Meditation Hall
9:00 PM	Goodnight	Pilgrim Lodge

<b>Day 2:</b>		
<b>Time</b>	<b>Activity</b>	<b>Venue</b>
5:50am	Wake up	Pilgrim Lodge
6:20 ~ 7:00am	Chanting	Main Shrine
7:00 ~ 7:20am	Tai Chi	Courtyard
7:30 ~ 8:20am	Breakfast	Dining Hall
8:30 ~ 9:30am	Walking & Outdoor Meditation	Temple Grounds
9:45 ~ 10:30 am	Tea Chan	Meditation Hall
10:40 ~ 11:50am	Lecture	Meditation Hall
12:00 ~ 12:40pm	Lunch	Dining Hall
12:40 ~ 1:00pm	Pack Up	Pilgrim Lodge
1:00 PM	Check out	Pilgrim Lodge

\*This timetable is sample only. Times and activities are subjected to change. Timetable will give to each participant when register on the retreat day.