



## MEDITATION RETREAT

**3 Day**

**Day 1:**

Time	Activity	Venue
1pm onwards	Check-in & Free Time	Pilgrim Lodge
6:00 ~ 7:00	Dinner	Dining Hall
7:00 ~7:40pm	Introduction	Meditation Hall
7:40 ~ 9:15pm	Lecture	Meditation Hall
9.30pm	Goodnight	Pilgrim Lodge

**Day 2:**

Time	Activity	Venue
5:50am	Wake up	Pilgrim Lodge
6:20 ~ 7:20am	Chanting & Tai Chi	Main Shrine
7:30 ~ 8:20am	Breakfast	Dining Hall
8:30 ~ 9:30am	Lecture	Meditation Hall
9:30 ~ 10:30am	Tea Chan	Meditation Hall
10:30 ~11.20am	Contemplation	Temple Grounds
11:30~12.10pm	Lunch	Dining Hall
12:20~12:50pm	Walking Meditation	Temple Grounds
1:00~2:20pm	Temple Tour	Temple Grounds
2:30~3:45pm	Calligraphy & Meditation	Conference Room
4:00 ~ 4:30pm	Afternoon Tea	Pilgrim Lodge
4:30~5:00pm	Drum & Bell Ceremony	Main Shrine
5:00~5:50pm	Shower & Free Time	Pilgrim Lodge
6:00~7:20pm	Dinner & Free time	Dining Hall
7:30~8:30pm	Lecture	Meditation Hall
8:30 ~ 9:00pm	Meditation	Meditation Hall
9:00pm	Goodnight	Pilgrim Lodge

**Day 3:**

Time	Activity	Venue
5:50am	Wake up	Pilgrim Lodge
6:20 ~ 7:20am	Chanting & Tai Chi	Main Shrine
7:30 ~ 8:20am	Breakfast	Dining Hall
8:30 ~ 9:30am	Meditation Practice	Temple Grounds
9:30 ~ 9:50am	Morning Tea	Pilgrim Lodge
10:00 ~ 11:20am	Lecture	Conference Room
11:30 ~ 12:10pm	Lunch	Dining Hall
12:10 ~ 1:00pm	Lecture	Meditation Hall
1:30pm	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.