



# NAN TIEN TEMPLE

## Saturday

### One-day Retreat Timetable

Time	Activity	Venue
9:30am - 9:50am	Registration	Reception
10am - 10:30am	Introduction	Meditation Hall
10.30 - 11.15am	Sitting Meditation	Meditation Hall
11.20 - 12.00pm	Lunch	Dining Hall
12.15-12.45pm	Walking Meditation	Temple Grounds
12:45am - 1:00pm	Tai Chi	Courtyard
1:15pm - 2:20pm	Meditation	Meditation Hall
2:30pm - 3:15pm	Dharma Talk	Meditation Hall
3:15pm - 4:00pm	Temple Tour	Temple Grounds