



# NAN TIEN TEMPLE

## One Day Retreat Timetable

Time	Activity	Venue
9:00 ~ 9:20	Registration	Reception
9:20 ~ 10:00	Introduction	Meditation Hall
10:00 ~ 10:20	Tai Chi	Court Yard
10:20 ~ 10:40	Morning Tea	Dining Hall
10:40 ~ 11:30	Basic Meditation	Meditation Hall
11:30 ~ 12:10	Lunch	Dining Hall
12:20 ~ 12:50	Walking Meditation	Temple Grounds
13:00 ~ 14:00	Temple Tour	Temple Grounds
14:15 ~ 15:00	Meditation	Meditation Hall
15:00 ~ 16:00	Discussion	Meditation Hall

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