

# CHAN Meditation { THIÊN THẬT } Retreat

DHARMA HOST

DHARMA MASTER YONGHUA

法主 Pháp Chủ: 釋永化 Thích Vĩnh Hóa

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Ven. XJ (English)/ Ven. XiaoChi (Vietnamese)

## Daily Schedule

Participants follow as much of this meditation schedule as they can, and take extra rests as needed. Part time registration is available.

02:30	Morning boards Walk	Gõ báng / 打板 Đi nhiều / 此香
03:00 - 04:00	Sit	Tọa Thiền / 打坐
04:20 - 05:20	Sit	Tọa Thiền / 打坐
05:40 - 06:40	Sit	Tọa Thiền / 打坐
06:10	Breakfast (optional)	Điểm tâm / 早餐
07:00 - 08:00	Sit	Tọa Thiền / 打坐
08:20 - 09:20	Sit	Tọa Thiền / 打坐
09:40 - 10:40	Sit	Tọa Thiền / 打坐
10:50	Lunch	Dùng Trại / 午餐
12:00 - 13:00	Sit	Tọa Thiền / 打坐
13:20 - 14:20	Sit	Tọa Thiền / 打坐
14:40 - 15:40	Sit	Tọa Thiền / 打坐
15:40	Rest	Nghỉ / 休息
17:00	Dinner (optional)	Dùng Chiều / 晚餐
17:00 - 18:00	Sit	Tọa Thiền / 打坐
18:00 - 18:05	Stretch Legs/ Open Door	Mở Cửa / 放香
18:00 - 19:00	Sit (2nd hour)	Tọa Thiền / 打坐
19:20 - 20:20	Sit	Tọa Thiền / 打坐
20:30 - 21:20	Instructions	Giảng Pháp / 開示
21:40 - 22:40	Sit	Tọa Thiền / 打坐
23:00 - 23:50	Sit	Tọa Thiền / 打坐
23:50 - 02:30	Rest	Nghỉ / 休息