

# CHAN Meditation { THIÊN THẬT } Retreat

## Summer Chan Qi

Sat, May 30, 2020, 09 pm - Sat, Jun 20, 2020, 11 am

## Winter Chan Qi

Sat, Dec 05, 2020, 09 pm - Sat, Feb 06, 2021, 11 am

Wei Mountain Temple 瀕山寺 Qui Sơn Tự  
7732 Emerson Place, Rosemead, CA 91170  
(626) 766-1009 INFO@CHANPURELAND.ORG  
Ven. XJ (English)/ Ven. XianChi (Vietnamese)

DHARMA HOST  
DHARMA MASTER YONGHUA  
法主 Pháp Chủ: 釋永化 Thích Vĩnh Hóa

## Daily Schedule

02:30	Morning boards Walk	Gõ bảng / 打板 Đi nhiều / 跑香
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 Trai / 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

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