

法鼓山西雅圖分會 2011 夏季禪一

DDMBA 2011 Summer One-Day Meditation Retreat
果徹法師主法 Led by Venerable Guo-Cheh

Date: 2011/8/14 Sunday
Address: 14028 Bel-Red Road #205, Bellevue, WA 98007
Cost: 酌收 suggested donation \$10
Contact: Eric Wong (ddmba.seattle@gmail.com), TEL: (425)957-4597

Retreat Timetable

時間 Time	活動內容 Activity
9:00 am – 9:30 am	八式動禪 Eight-form moving meditation
9:30 am – 10:00 am	法師開示 Introductory talk
10:00 am – 11:45 am	靜坐、經行或拜佛 Sitting and walking meditation; prostrations
11:50 am – 1:00 pm	午休 Lunch and rest
1:00 pm – 3:30 pm	靜坐、經行或拜佛 Sitting and walking meditation; prostrations
3:30 pm – 4:00 pm	心得討論 Group discussion and Q & A

* 禪一禁語 Noble Silence will be observed on retreat *

本次禪一特別邀請果徹法師主法。果徹法師曾在三十年內隨聖嚴法師主持多次禪修。果徹法師自中華佛學研究所畢業，曾任法鼓山僧伽大學專任助理教授、中華佛學研究所梵文教師、法鼓山僧團教育院監院等職務。

Our quarterly one-day Chan retreat will be led by a highly experienced meditation instructor, Ven. Guo-Cheh, who over a 30-year period had assisted Master Sheng Yen in leading multiple intensive Chan retreats. Don't miss it!

