

2026隨時隨地禪修課表

	07/03 Fri 週五		07/04 Sat 週六
13:00~14:20	報到	9:30~10:30	Guided Meditation 共修 (1 hr)
		10:30~11:00	Break / 休息 (30 mins)
14:30~16:00	Rinpoche Teaching 仁波切教學 (1.5 hrs)	11:00~12:30	Rinpoche Teaching 仁波切教學 (1.5 hrs)
16:00~16:30	Break / 休息 (30 mins)	12:30~14:00	Lunch / 午膳 (1.5 hrs)
16:30~17:30	Guided Meditation 共修 (1 hr)	14:00~15:00	Guided Meditation 共修 (1 hr)
17:30~19:00	晚餐 (1.5hr)	15:00~15:30	Break / 休息 (30 mins)
19:00~20:30	Rinpoche Teaching 仁波切教學 (1.5 hrs)	15:30~17:00	Rinpoche Teaching 仁波切教學 (1.5 hrs)