

KHÓA TU MÙA THU 2018 **THIỀN VIỆN DIỆU NHÂN** OCTOBER 04 - 07, 2018

BÌNH AN TỪ CHÍNH MÌNH

THURSDAY OCT 4, 2018

4:45 AM	Wake Up
5:30 – 6:30	Sitting Meditation
7:30	Breakfast
9:00 – 9:45	Opening of the Meditation Retreat Repentance Ceremony
10:00 – 11:00	Dharma Talk from Sister Thuan Chanh
11:30	Lunch
12:50 PM	Nap
1:50 PM	Wake Up
2:00 – 3:00	Sitting Meditation
3:30 – 4:30	Dharma Talk from Sister Thuan Quan
5:00	Dinner
6:00 – 7:30	Q&A
7:45 – 8:45	Sitting Meditation
9:30	Lights Out

FRIDAY OCT 5, 2018

4:45 AM	Wake Up
5:30–6:30	Sitting Meditation
7:30	Breakfast
8:30–9:30	Free Meditation
9:45–10:00	Reminder from Sr Thuan Chanh
10:00–11:00	Sitting Meditation
11:30	Lunch
12:50 PM	Nap
1:50 PM	Wake Up
2:00 – 3:15	Tea Ceremony
3:30 – 3:40	Reminders from Sr Thuan Quan
3: 45 – 4:45	Sitting Meditation
5:30	Dinner
7:00	Repentance Ceremony
7:45 - 8:45	Sitting Meditation
9:05 - 9:20	End of the day reminders from Sister Thuan Hau
9:30	Lights Out

SATURDAY OCT 6, 2018

4:45 AM	Wake Up
5:30 – 6:30	Sitting Meditation
7:30	Breakfast
8:30 – 9:00	Walking Meditation Sister. Thuan Bach
9:10 – 9:50	Working Meditation

10:10 - 11:10	Dharma Talk with Sister Thuan Bach
11:30	Lunch
12:50 PM	Nap
1:50 PM	Wake Up
2:00 – 3:00	Dharma Talk by Sister Thuan Hau
3:30 – 5:00	Group Discussion
5:30	Dinner
7:00	Repentance Chant
7:45 - 8:45	Sitting Meditation
8:05 - 9:15	End of the Day Reminder by Sister Thuan Tue
9:30	Lights Out

SUNDAY OCT 7, 2018

4:45 AM	Wake Up
5:30 – 6:30	Sitting Meditation
7:30	Breakfast
8:30 – 9:00	Walking meditation with Sister Thuan Bach
9:10 – 9:50	Service
10:10–11:10	Dharma Talk by Sister Thuan Chanh
11:30	Lunch
12:50 PM	Nap
1:50 PM	Wake Up
2:00 – 3:00	Dharma Talk by Sister Thuan Tue
3:15 – 3:35	Suggestions and Ideas
3:40	Closing Ceremony
	END

PREPATION:

1/ Please register for retreat before September 13th, 2018 on the link [REGISTER HERE](#) on the website dieunhan.net

Please select clearly the task/work you would like to sign up for the Working Meditation time.

There is no fee for the Retreat. Dana are accepted if you like to donate.

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2/ If you are to sleep at your own place but like to join the morning meditation, please arrive by 5:20 AM.

3/ Please let us know ahead if you plan on sleeping at the monastery so we can arrange the place. Please bring enough for warmth: your own sleeping bag, sweater, cap, etc.

4/ If you wish to bring your personal meditation cushion, you are welcome to do so.

Please note if there are changes to the program, there will be notice on the message board.