



**KHÓA TU MÙA XUÂN DIỆU NHÂN 2025**  
(DIỆU NHÂN RETREAT - SPRING 2025)  
MARCH 20-23, 2025

**THỨ NĂM 20 THÁNG 3, 2025    –    THURSDAY MAR 20, 2025**  
**GIỜ CALIFORNIA    ----    CALIFORNIA TIME**

BOSTON, FLORIDA, TORONTO, OTTAWA, MONTREAL, WASH D.C.	TEXAS	CALIFORNIA, WASHINGTON	AGENDA	MELBOURNE, SYDNEY (AUS) Mar 20	VIETNAM Mar 20	LONDON Mar 20	PARIS, BELGIUM, GERMANY Mar 20
8:00AM	7:00AM	5:00AM	<b>5:00AM THỨC CHỨNG   Morning Bell</b>	11:00PM	7:00PM	12:00PM	1:00PM
8:30AM	7:30AM	5:30AM	<b>5:30-6:30AM TỌA THIỀN   Sitting Meditation</b>	11:30PM	7:30PM	12:30PM	1:30PM
10:30AM	9:30AM	7:30AM	<b>7:30AM ĐIỂM TÂM   Breakfast</b>	1:30AM	9:30PM	2:30PM	3:30PM
11:30AM	10:30AM	8:30AM	<b>8:30-9:15AM KHAI MẠC KHÓA TU   Opening Ceremony</b> <b>KHÓA LỄ SÁM HỐI   Repentance Session</b>	2:30AM	10:30PM	3:30PM	4:30PM
12:45PM	11:45AM	9:45AM	<b>9:45-10:45AM PHÁP THOẠI: NS Thuần Quán  </b> <b>Dharma Talk: Ven. T Quán</b>	3:45AM	11:45PM	4:45PM	5:45PM
2:30PM	1:30PM	11:30AM	<b>11:30AM THỌ TRAI   Lunch</b>	5:30AM	1:30AM	6:30PM	7:30PM
3:50PM	2:50PM	12:50PM	<b>12:50PM CHỈ TỊNH   Midday Break</b>	6:50AM	2:50AM	7:50PM	8:50PM
4:50PM	3:50PM	1:50PM	<b>1:50PM THỨC CHỨNG   Afternoon Bell</b>	7:50PM	3:50AM	8:50PM	9:50PM
5PM	4PM	2PM	<b>2-3:00PM TỌA THIỀN   Sitting Meditation</b>	8:00AM	4:00AM	9:00PM	10:00PM
6:30PM	5:30PM	3:30PM	<b>3:30-4:30PM PHÁP THOẠI: NT Hạnh Phước  </b> <b>Dharma Talk : Ven. Hạnh Phước</b>	9:30AM	5:30AM	10:30PM	11:30PM
8:30PM	7:30PM	5:30PM	<b>5:30PM DÙNG CHIỀU   Dinner</b>	11:30AM	7:30AM	12:30AM	1:30AM
10:00PM	9:00PM	7:00PM	<b>7-8PM PHÁP THOẠI: NS. Thuần Hậu   Dharma</b> <b>Talk : Ven. Th. Hậu</b>	1:00PM	9:00AM	2:00AM	3:00AM
11:20PM	10:20PM	8:20PM	<b>8:20-9PM TỌA THIỀN  Sitting Meditation</b>	2:20PM	10:20AM	3:20AM	4:20AM
12:30AM	11:30PM	9:30PM	<b>9:30PM CHỈ TỊNH   Lights Out</b>	3:30PM	11:30AM	4:30AM	5:30AM

**THỨ SÁU 21 THÁNG 3, 2025 – FRIDAY MAR 21, 2025**  
**NGÀY THINH LẶNG – SILENT DAY**  
**GIỜ CALIFORNIA ---- CALIFORNIA TIME**

BOSTON, FLORIDA, TORONTO, OTTAWA, MONTREAL, WASH D.C.	TEXAS	CALIFORNIA, WASHINGTON	AGENDA	MELBOURNE, SYDNEY (AUS) Mar 21	VIETNAM Mar 21	LONDON Mar 21	PARIS, BELGIUM, GERMANY Mar 21
8:00AM	7:00AM	5:00AM	<b>5:00AM THỨC CHỨNG   <i>Morning Bell</i></b>	11:00PM	7:00PM	12:00PM	1:00PM
8:30AM	7:30AM	5:30AM	<b>5:30-6:30AM TỌA THIỀN   <i>Sitting Meditation</i></b>	11:30PM	7:30PM	12:30PM	1:30PM
10:30AM	9:30AM	7:30AM	<b>7:30AM ĐIỂM TÂM   <i>Breakfast</i></b>	1:30AM	9:30PM	2:30PM	3:30PM
11:30AM	10:30AM	8:30AM	<b>8:30-9:30AM THIỀN HÀNH TỰ DO   <i>Free Walking Meditation</i></b>	2:30AM	10:30PM	3:30PM	4:30PM
12:45PM	11:45AM	9:45AM	<b>9:45-10:45AM TỌA THIỀN   <i>Sitting Meditation</i></b>	3:45AM	11:45PM	4:45PM	5:45PM
2:30PM	1:30PM	11:30AM	<b>11:30AM THỌ TRAI   <i>Lunch</i></b>	5:30AM	1:30AM	6:30PM	7:30PM
3:50PM	2:50PM	12:50PM	<b>12:50PM CHỈ TỊNH   <i>Midday Break</i></b>	6:50AM	2:50AM	7:50PM	8:50PM
4:50PM	3:50PM	1:50PM	<b>1:50PM THỨC CHỨNG   <i>Afternoon Bell</i></b>	7:50PM	3:50AM	8:50PM	9:50PM
5:00PM	4:00PM	2:00PM	<b>2-3:15PM THIỀN TRÀ   <i>Tea Ceremony</i></b>	8:00AM	4:00AM	9:00PM	10:00PM
6:30PM	5:30PM	3:30PM	<b>3:30-4:30PM TỌA THIỀN   <i>Sitting Meditation</i></b>	9:30AM	5:30AM	10:30PM	11:30PM
8:30PM	7:30PM	5:30PM	<b>5:30PM DÙNG CHIỀU   <i>Dinner</i></b>	11:30AM	7:30AM	12:30AM	1:30AM
9:30PM	8:30PM	6:30PM	<b>6:30-7:15PM THIỀN HÀNH TỰ DO   <i>Free Walking Meditation</i></b>	12:30PM	8:30AM	1:30AM	2:30AM
10:30PM	9:30PM	7:30PM	<b>7:30-8:30PM TỌA THIỀN   <i>Sitting Meditation</i></b>	1:30PM	9:30AM	2:30AM	3:30AM
11:45PM	10:45PM	8:45PM	<b>8:45-9:00PM LỜI NHẮC : NS Thuần Chánh   <i>End of the day reminders: Ven. T. Chánh</i></b>	2:45PM	10:45AM	3:45AM	4:45AM
12:30AM	11:30PM	9:30PM	<b>9:30PM CHỈ TỊNH   <i>Lights Out</i></b>	3:30PM	11:30AM	4:30AM	5:30AM

**THỨ BẢY 22 THÁNG 3, 2025 - SATURDAY MAR 22, 2025**  
**GIỜ CALIFORNIA ---- CALIFORNIA TIME**

BOSTON, FLORIDA, TORONTO, OTTAWA, MONTREAL, WASH D.C.	TEXAS	CALIFORNIA, WASHINGTON	AGENDA	MELBOURNE, SYDNEY (AUS) Mar 22	VIETNAM Mar 22	LONDON Mar 22	PARIS, BELGIUM, GERMANY Mar 22
8:00AM	7:00AM	5:00AM	<b>5:00AM THỨC CHỨNG   <i>Morning Bell</i></b>	11:00PM	7:00PM	12:00PM	1:00PM
8:30AM	7:30AM	5:30AM	<b>5:30-6:30AM TỌA THIỀN   <i>Sitting Meditation</i></b>	11:30PM	7:30PM	12:30PM	1:30PM
10:30AM	9:30AM	7:30AM	<b>7:30AM ĐIỂM TÂM   <i>Breakfast</i></b>	1:30AM	9:30PM	2:30PM	3:30PM
11:30AM	10:30AM	8:30AM	<b>8:30-9:30AM CÔNG TÁC   <i>Working Meditation</i></b>	2:30AM	10:30PM	3:30PM	4:30PM
1:00PM	12 NOON	10:00AM	<b>10-11:00AM PHÁP THOẠI: NT. Thuận Tuệ   Dharma Talk: Ven. T Tuệ</b>	4:00AM	12:00AM	5:00PM	6:00PM
2:30PM	1:30PM	11:30AM	<b>11:30AM THỌ TRAI   <i>Lunch</i></b>	5:30AM	1:30AM	6:30PM	7:30PM
3:50PM	2:50PM	12:50PM	<b>12:50PM CHỈ TỊNH   <i>Midday Break</i></b>	6:50AM	2:50AM	7:50PM	8:50PM
4:50PM	3:50PM	1:50PM	<b>1:50PM THỨC CHỨNG   <i>Afternoon Bell</i></b>	7:50PM	3:50AM	8:50PM	9:50PM
5PM	4PM	2PM	<b>2-3:00PM THAM VẤN   <i>Q&amp;A</i></b>	8:00AM	4:00AM	9:00PM	10:00PM
6:30PM	5:30PM	3:30PM	<b>3:30-4:30PM PHÁP THOẠI: NT Viên Chiếu   Dharma Talk: Ven. Như Đức</b>	9:30AM	5:30AM	10:30PM	11:30PM
8:00PM	7:00PM	5:00PM	<b>5:00PM DỪNG CHIỀU   <i>Dinner</i></b>	11:00AM	7:00AM	12:00AM	1:00AM
9:00PM	8:00PM	6:00PM	<b>6-6:40PM SÁM HỐI BA NGHIỆP   Repentance Ceremony</b>	12:00PM	8:00AM	1:00AM	2:00AM
10:00PM	9:00PM	7:00PM	<b>7-8:00PM PHÁP THOẠI: NS. Thuận Chánh   Dharma Talk : Ven. Th. Chánh</b>	1:00PM	9:00AM	2:00AM	3:00AM
11:20PM	10:20PM	8:20PM	<b>8:20-9PM TỌA THIỀN   <i>Sitting Meditation</i></b>	2:20PM	10:20AM	3:20AM	4:20AM
12:30AM	11:30PM	9:30PM	<b>9:30PM CHỈ TỊNH   <i>Lights Out</i></b>	3:30PM	11:30AM	4:30AM	5:30AM

**CHỦ NHẬT 23 THÁNG 3, 2025 – SUNDAY MAR 23, 2025**  
**GIỜ CALIFORNIA ---- CALIFORNIA TIME**

BOSTON, FLORIDA, TORONTO, OTTAWA, MONTREAL, WASH D.C.	TEXAS	CALIFORNIA, WASHINGTON	AGENDA	MELBOURNE, SYDNEY (AUS) Mar 23	VIETNAM Mar 23	LONDON Mar 23	PARIS, BELGIUM, GERMANY Mar 23
8:00AM	7:00AM	5:00AM	<b>5:00AM THỨC CHỨNG   <i>Morning Bell</i></b>	11:00PM	7:00PM	12:00PM	1:00PM
8:30AM	7:30AM	5:30AM	<b>5:30-6:30AM TỌA THIỀN   <i>Sitting Meditation</i></b>	11:30PM	7:30PM	12:30PM	1:30PM
10:30AM	9:30AM	7:30AM	<b>7:30AM ĐIỂM TÂM   <i>Breakfast</i></b>	1:30AM	9:30PM	2:30PM	3:30PM
11:30AM	10:30AM	8:30AM	<b>8:30-8:50AM THIỀN HÀNH: NS Thuần Bạch   Walking Meditation</b>	2:30AM	10:30PM	3:30PM	4:30PM
12 NOON	11:00AM	9:00AM	<b>9-10:00AM PHÁP THOẠI: NS. Thuần Bạch   Dharma Talk: Ven. Thuần Bạch</b>	3:00AM	11:00PM	4:00PM	5:00PM
1:10PM	12:10PM	10:10AM	<b>10:10-11:10AM THAM VẤN NHÓM   Group Q&amp;A (Multiple groups)</b>	4:10AM	12:10AM	5:10PM	6:10PM
2:30PM	1:30PM	11:30AM	<b>11:30AM THỌ TRAI   <i>Lunch</i></b>	5:30AM	1:30AM	6:30PM	7:30PM
3:50PM	2:50PM	12:50PM	<b>12:50PM CHỈ TỊNH   <i>Midday Break</i></b>	6:50AM	2:50AM	7:50PM	8:50PM
4:50PM	3:50PM	1:50PM	<b>1:50PM THỨC CHỨNG   <i>Afternoon Bell</i></b>	7:50PM	3:50AM	8:50PM	9:50PM
5PM	4PM	2:00PM	<b>2-3:00PM TỌA THIỀN   <i>Sitting Meditation</i></b>	8:00AM	4:00AM	9:00PM	10:00PM
6:30PM	5:30PM	3:30PM	<b>3:30-4:30PM PHÁP THOẠI: NT. Hạnh Huệ   Dharma Talk: Ven. Hạnh Huệ</b>	9:30AM	5:30AM	10:30PM	11:30PM
7:40PM	6:40PM	4:40PM	<b>4:40-5PM Ý KIẾN ĐÓNG GÓP   <i>Constructive feedback</i></b>	10:40AM	6:40AM	11:40PM	12:40AM
8:00PM	7:00PM	5:00PM	<b>5:00PM BẾ MẠC KHÓA TU   <i>Closing</i></b>	11:00AM	7:00AM	12:00AM	1:00AM