THỨ SÁU 5 THÁNG 12, 2025 – FRIDAY DEC 5, 2025
GIỜ CALIFORNIA ---- CALIFORNIA TIME

BOSTON, FLORIDA, TORONTO, OTTAWA, MONTREAL, WASH D.C.	TEXAS	CALIFORNIA, WASHINGTON	AGENDA	MELBOURNE, SYDNEY (AUS) Dec 5	VIETNAM Dec 5	LONDON Dec 5	PARIS, BELGIUM, GERMANY Dec 5
7:30AM	6:30AM	4:30AM	**4:30AM THỨC CHÚNG | *Morning Bell***	11:30PM	7:30PM	12:30PM	1:30PM
8AM	7AM	5AM	**5-6:30AM TỌA THIỀN | *Sitting Meditation***	12AM	8PM	1PM	2PM
9:50AM	8:50AM	6:50AM	**6:50-7:15AM THỂ DỤC | Exercise**	1:50AM	9:50PM	2:50PM	3:50PM
10:30AM	9:30AM	7:30AM	**7:30AM TIỂU THỰC | *Breakfast***	2:30AM	10:30PM	3:30PM	4:30PM
12 NOON	11AM	9AM	**9AM KHÓA LỄ BÁT NHÃ | *Repentance Session***	4AM	12AM	5PM	6PM
1PM	12 NOON	10AM	**10-11AM TOẠ THIỀN | *Sitting Meditation***	5AM	1AM	6PM	7PM
2:45PM	1:45PM	11:45AM	**11:45AM THỌ TRAI | *Lunch***	6:45AM	2:45AM	7:45PM	8:45PM
4PM	3PM	1PM	**1PM CHỈ TỊNH | *Midday Break***	8AM	4AM	9PM	10PM
5:15PM	4:15PM	2:15PM	**2:15PM THỨC CHÚNG | *Afternoon Bell***	9:15AM	5:15M	10:15PM	11:15PM
5:30PM	4:30PM	2:30PM	**2:30-3:30PM PHÁP THOẠI: NT. Trụ trì TV Viên Chiếu | *Dharma Talk : Ven. Như Đức***	9:30AM	5:30AM	10:30PM	11:30PM
7PM	6PM	4PM	**4-5PM TOẠ THIỀN | *Sitting Meditation***	11AM	7AM	12AM	1AM
8:30PM	7:30PM	5:30PM	**5:30PM DÙNG CHIỀU | *Dinner***	12:30PM	8:30AM	1:30AM	2:30AM
10PM	9PM	7PM	**7-8PM TOẠ THIỀN |*Sitting Meditation***	2PM	10AM	3AM	4AM
12:30AM	11:30PM	9:30PM	**9:30PM CHỈ TỊNH | *Lights Out***	4:30PM	12:30PM	5:30AM	6:30AM

THỨ BẢY 6 THÁNG 12, 2025 – SATURDAY DEC 6, 2025
GIỜ CALIFORNIA ---- CALIFORNIA TIME

BOSTON, FLORIDA, TORONTO, OTTAWA, MONTREAL, WASH D.C.	TEXAS	CALIFORNIA, WASHINGTON	AGENDA	MELBOURNE, SYDNEY (AUS) Dec 6	VIETNAM Dec 6	LONDON Dec 6	PARIS, BELGIUM, GERMANY Dec 6

7:30AM	6:30AM	4:30AM	**4:30AM THỨC CHÚNG | *Morning Bell***	11:30PM	7:30PM	12:30PM	1:30PM
8AM	7AM	5AM	**5-6:30AM TỌA THIỀN | *Sitting Meditation***	12AM	8PM	1PM	2PM
9:50AM	8:50AM	6:50AM	**6:50-7:15AM THỂ DỤC | Exercise**	1:50AM	9:50PM	2:50PM	3:50PM
10:30AM	9:30AM	7:30AM	**7:30AM TIỂU THỰC | *Breakfast***	2:30AM	10:30PM	3:30PM	4:30PM
11:30AM	10:30AM	8:30M	**8:30-9:30AM CÔNG TÁC (trong yên lặng, tỉnh giác) hoặc THIỀN HÀNH | Working Meditation or Walking Meditation**	3:30AM	11:30PM	4:30PM	5:30PM
1PM	12 NOON	10AM	**10-11AM TOẠ THIỀN | *Sitting Meditation***	5AM	1AM	6PM	7PM
2:45PM	1:45PM	11:45AM	**11:45AM THỌ TRAI | *Lunch***	6:45AM	2:45AM	7:45PM	8:45PM
4PM	3PM	1PM	**1PM CHỈ TỊNH | *Midday Break***	8AM	4AM	9PM	10PM
5:15PM	4:15PM	2:15PM	**2:15PM THỨC CHÚNG | *Afternoon Bell***	9:15AM	5:15M	10:15PM	11:15PM
5:30PM	4:30PM	2:30PM	**2:30-3:30PM TOẠ THIỀN | *Sitting Meditation***	9:30AM	5:30AM	10:30PM	11:30PM
7PM	6PM	4PM	**4-5PM THIỀN HÀNH TỰ DO |Walking *Meditation***	11M	7AM	12AM	1AM
8:30PM	7:30PM	5:30PM	**5:30PM DÙNG CHIỀU | *Dinner***	12:30PM	8:30AM	1:30AM	2:30AM
10PM	9PM	7PM	**7-8PM TOẠ THIỀN |*Sitting Meditation***	2PM	10AM	3AM	4AM
11:15PM	10:15PM	8:15PM	**8:15-8:30PM LỜI NHẮC: NS Thuần Chánh | End of the day reminders: Ven. T. Chánh**	3:15PM	11:15AM	4:15AM	5:15AM
12:30AM	11:30PM	9:30PM	**9:30PM CHỈ TỊNH | *Lights Out (9:30 - 5AM)***	4:30PM	12:30PM	5:30AM	6:30AM

CHỦ NHẬT 7 THÁNG 12, 2025 – SUNDAY DEC 7, 2025
GIỜ CALIFORNIA ---- CALIFORNIA TIME

BOSTON, FLORIDA, TORONTO, OTTAWA, MONTREAL, WASH D.C.	TEXAS	CALIFORNIA, WASHINGTON	AGENDA	MELBOURNE, SYDNEY (AUS) Dec 7	VIETNAM Dec 7	LONDON Dec 7	PARIS, BELGIUM, GERMANY Dec 7
7:30AM	6:30AM	4:30AM	**4:30AM THỨC CHÚNG | *Morning Bell***	11:30PM	7:30PM	12:30PM	1:30PM
8AM	7AM	5AM	**5-6:30AM TỌA THIỀN | *Sitting Meditation***	12AM	8PM	1PM	2PM
9:50AM	8:50AM	6:50AM	**6:50-7:15AM THỂ DỤC | Exercise**	1:50AM	9:50PM	2:50PM	3:50PM
10:30AM	9:30AM	7:30AM	**7:30AM TIỂU THỰC | *Breakfast***	2:30AM	10:30PM	3:30PM	4:30PM
11:30AM	10:30AM	8:30M	**8:30-9:30AM THAM VẤN | Q & A**	3:30AM	11:30PM	4:30PM	5:30PM
1PM	12 NOON	10AM	**10-11AM TOẠ THIỀN | *Sitting Meditation***	5AM	1AM	6PM	7PM
2:45PM	1:45PM	11:45AM	**11:45AM THỌ TRAI | *Lunch***	6:45AM	2:45AM	7:45PM	8:45PM
4PM	3PM	1PM	**1PM CHỈ TỊNH | *Midday Break***	8AM	4AM	9PM	10PM
5:15PM	4:15PM	2:15PM	**2:15PM THỨC CHÚNG | *Afternoon Bell***	9:15AM	5:15M	10:15PM	11:15PM
5:30PM	4:30PM	2:30PM	**2:30-3:30PM TOẠ THIỀN | *Sitting Meditation***	9:30AM	5:30AM	10:30PM	11:30PM
6:45PM	5:45PM	3:45PM	**3:45PM KẾT THÚC KHÓA TU| Closing**	10:45AM	6:45AM	11:45PM	12:45AM