

禪修班課程表 Zen Class Timetable

Date/Time		Mon	Tue	Wed	Thur	Fri	Sat
Jun 2019 Sep 2019	10~12 AM			中初 19/6~18/9	Zen I 20/6~19/9		*中研 1 22/6~21/9
	7~9 PM	*中研 2 24/6~23/9	*Zen II 18/6~17/9	*Sutra Study 1 19/6~18/9		*中中 21/6~20/9	
停課日 Term Break : 5th August ~ 18th August							
Oct 2019 Feb 2020	10~12 AM			*中中 16/10~12/2	*Zen II 10/10~13/2	中初 11/10~14/2	*中研 1 12/10~15/2
	7~9 PM	*中研 2 14/10~10/2	*Zen III 15/10~11/2	*Sutra Study 2 16/10~12/2	Zen I 10/10~13/2	*中高 11/10~14/2	
停課日 Term Break : 28th November ~ 9th January							

禪修班課程內容 The Contents of Meditation Class

中文禪修班

初級禪修班：禪修的意義與方法 / 四聖諦 / 數息觀
 中級禪修班：十二因緣 / 六波羅蜜 / 慈悲觀
 高級禪修班：十宗簡介 / 禪與淨 / 四念處觀
 研經 1 禪修班：佛說四十二章經 II (Jun 2019)
 達磨二入四行觀 (Oct 2019)
 研經 2 禪修班：金剛經 III (Jun 2019)
 楞嚴經 I (Oct 2019)

*** 中級班以上報名資格需前一級別結業。**
 禪修時，請務必穿著寬鬆衣服、長褲及襪子。

English Meditation Class

Zen I: Mindfulness Techniques/The Four Noble Truths/Mindfulness of Breath
Zen II: Six Paramitas/Compassion Contemplation
Zen III: Dependent Arising, Emptiness & Middle Way/Four Foundations of Mindfulness
Sutra Study 1: Sutra of Forty-Two Chapters III (Jun 2019)
Sutra Study 2: Zen Master (Oct 2019)

*** Requirement to Enrol for Zen II class and above is completion of the previous level class**

Meditation dress code: Appropriate and loose wear, pants and anti-slip socks are required.

兒童禪修班及才藝課程 Children Meditation & Talent Classes (Jul 2019~Jan 2020)

1:30 pm-2:30 pm	太極拳英文班 (限禪修班學員) Tai Chi Class-English (Meditation Class Students Only)	每週三 Every WED
1:15 pm-2:15 pm	太極拳中文班 (限禪修班學員) Tai Chi Class-Chinese (Meditation Class Students Only)	每週六 Every SAT
10:30 am-12:00 pm	中文班(限禪修班學員) Chinese Class (Meditation Class Students Only)	每週一 Every MON
7:00 pm-9:00 pm	兒童禪修班, 青少年禪修班 (英文) Children & Teens Meditation Class (English) (Zen Activities & Meditation Techniques which improve learning and team work)	週六 SAT 2019: 20/7, 24/8, 14/9, 19/10 2020: 15/2
10:00 am-11:30 am	烹飪班 Vegetarian Cooking Class	週日 SUN 2019: 18/8, 20/10 2020: 19/1

- 課程免費，歡迎隨喜發心捐助，護法護教。
- 佛門清淨地，請勿穿著低胸、迷你裙、短褲或赤腳。
- 開放時間:週一至週日 9:30 am - 5:30 pm
歡迎參觀禮佛、報名禪修

- All programs are free of charge and open to the public. Your generous donation and support are welcomed.
- No low-cut dresses, mini skirts, shorts or bare feet in the Monastery.
- Opening Hours : Mon to Sun 9:30 am - 5:30 pm.
We welcome your visit or enrolment in the classes.





中台禪寺澳洲墨爾本分院 寶林禪寺

Bao Lin Chan Monastery 94A High ST., Glen Iris VIC (03)9813-8922

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2019年5月 ~ 2020年1月 行事曆 * May 2019 ~ Jan 2020 Timetable

12/7/2019

日期 Date	時間 Time	法會活動 Dharma Events
28/9 ~ 6/10 週六 Sat ~ 週日(次) Sun	請洽寶林 Contact us	梁皇寶懺祈福大法會 Liang Huang Jeweled Repentance Ceremony
26/12 ~ 28/12 週四 Thu ~ 週六 Sat	請洽寶林 Contact us	三日精進禪修 3-Day Meditation Retreat 【以寶林學員為主 For Bao Lin Students MAINLY】
2020 24/1 週五 Fri	9:30pm - 11:30pm	除夕藥師普佛、祈福、發願、全體供燈 Chinese New Year's Eve Medicine Buddha Blessing Ceremony, Wish-making, Light Offering
2020 25/1 週六 Sat	10:00am - 13:30pm	新春觀世音普門品法會 Chinese New Year The Universal Gateway of Bodhisattva Guan Shi Yin Ceremony
日期 Date	時間 Time	共修活動 Weekly and Monthly Dharma Events
13/5 ~ 27/7 週一 Mon ~ 週日 Sun	1:10pm - 2:10pm	結夏安居 《藥師經》共修 Sangha Summer Retreat "Medicine Buddha Sutra" Chanting 【自23/6起週日1:10pm ~ 3:00pm Start 23/6 Sun 1:10pm ~ 3:00pm】
25/8 ~ 22/12 每週日 Every Sun	4:00pm - 6:00pm	《金剛經》共修 "Diamond Sutra" Chanting Service 【每月第一週週日放香 Have a Break on 1st Sunday of Every Month】
農曆初一、十五	11:00am - 11:30am	佛前大供 Ceremony of Grand Meal Offering before the Buddhas on the 1st & 15th of Each Lunar Month 2019 : 17/7, 1/8, 15/8, 30/8, 13/9, 29/9, 13/10, 28/10, 11/11, 26/11, 10/12, 26/12 2020 : 9/1
週日 Sun	8:45am - 12:30pm	半日禪 Half-Day Meditation Retreat 【以寶林當期學員為主/ For Current Bao Lin Students Mainly】 2019 : 11/8, 8/9, 13/10, 10/11, 8/12
週日 Sun	2:30pm - 3:30pm	恭誦在家菩薩戒 Lay Bodhisattva Precepts Recitation 【限已受戒學員著縵衣、帶戒本 For students who have received the precepts】 2019 : 11/8, 8/9, 13/10, 10/11, 8/12
2020 一月 Jan ~ 四月 April 每週二 Every Tuesday	10:00am - 11:00am	2020 寶林一支香 One Hour Guided Meditation (no Prerequisites) 【對外開放/Open to Public】

(備有英文經本與現場英文翻譯 · English Sutras & Simultaneous Translation Available)