

法界聖城 2010 暑期班/夏令營課程時間表
CDR 2010 Summer School/Summer Camp Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:45am	起床 Wake up							
6:15-6:45	早餐 Breakfast							
7:00-8:00	打坐(小佛堂) Meditation (Small Buddha Hall)							
8:00-8:40	八段錦(廣場)Eight Section Internal Energy Training (Plaza)							
8:50-9:50	佛學 Buddhism	認識道場 Intro to CDR	六大宗旨 Guiding Six Principles	四大威儀 Wholesome Deportment	佛學 Buddhism	弟子規 Principles for Students	法會 Dharma Assembly	
9:50-10:20	大悲咒 Great Compassion Mantra							
10:30-12:40 pm	上供/午齋/洗碗/掃齋堂/擦桌子 Meal Offering / Lunch / Wash Dishes / Sweep Dining Hall / Clean Table							
1:00-2:00pm	美術 Art	西班牙文 Spanish	茶道 Tea Ceremony	弟子規 Standards for Students	果樹/酵素 Making Fruit Enzyme	話劇 Drama		
2:00-3:00pm	背誦/讀經 Recite/Memorize			掃地/清潔/廁所 Sweep/Clean Restroom	中醫 Chinese Medicine			
3:00-3:20pm	點心 Snack Time							
3:30-5:00pm	指壓保健 Accupressure	球類運動/ 大地遊戲 Ball Games/ Ground Games						
5:15-5:45pm	藥石 Dinner							
6:00-7:00pm	晚課 Evening Recitation							
7:00-8:30pm	上人的教育世界 VM Hua's World of Education	佛經中的故事 Sutra Stories	身心環保 Eco-Physical Environment	八德的故事 Eight Virtue Stories	上人法語 VM's Dharma Talk	身心環保 Eco-Physical Environment	孔子 Confucius	
8:30-9:00pm	咒心 Heart Mantra							
9:00-10:00pm	沐浴/日記/就寢 Shower / Journal / Bed time							
備註 Note	1. 7/16.7/17—8:40-10:20—黃梅齡 烹飪課 Huang Mei Lin - Cooking Class 1. 7/18.7/19.7/20—8:00-10:20—Mary 烹飪課 Cooking Class 2. 7/15. 7/23. 7/26 —Lily 美術 Art 9:00-10:20			1. 夏令營結業式 7/24(星期六) Summer Camp Graduation 7/24(Saturday) 2. 暑假班結業式 8/20(星期五) Summer School Graduation 8/20(Friday) 3. 參觀有機農場 7/21(星期三) Visit Organic Farm 7/21(Wednesday)				