

## 2025 March Special Travel Month – 1N2D “Double Happiness Templestay” :D

### 1st day

Time	Program	Location
14:00~14:50	Registration & Orientation	5F
14:50~15:30	Guidance to the Buddha hall	2F
15:30~16:00	Making a Lotus lantern Lighting the lantern, Brightening my heart	5F
16:00~17:00	Free meditation or reading time Time to relax	5F
17:00~17:30	Offering (Dinner)	3F
18:50~20:00	Seon Meditation (Concentration) Posture and method	5F
21:00~	Good night ★ Relaxation of the body and mind	5F

### 2nd day

Time	Program	Location
04:10~04:30	Morning Ceremony	2F
04:30~05:20	108 Prostration with Making 108 Prayer Beads Reflecting on my life	5F
06:00~06:30	Offering (Breakfast)	3F
06:30~08:50	Free meditation or reading time Time to relax	5F
08:50~09:30	Tea Conversation with a monk Q&A session	5F
09:30~10:00	Write a review and QR survey. Organizing and cleaning a room. Back to everyday life, but Renewed.	5F

\* We totally close our all gate for 10PM ~ 4AM every day.

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