

Chicago Bultasa 2010 Summer Temple Stay Program Schedule

	9th (Monday)	10th (Tuesday)	11th (Wednesday)	12th (Thursday)	13th (Friday)		
5:30am		Wake Up	Wake Up	Wake Up	Wake Up		
6:00am		Dawn Service	Dawn Service	Dawn Service	Dawn Service		
7:00am		Breakfast	Breakfast	Breakfast	Breakfast		
8:00am		Meditation on Love, Thoughtfulness and Compassion to Understand the Doctrine of Buddhism	Chanting Mantra to Strengthen Energy Concentration of Spirit & Healing	Mindfulness Exercise	108 Bows		
9:00am					Chanting		
10:00am					Meditation		
11:00am					Dharma Talk		
12:00pm					Pack & Clean Up		
1:00pm							
2:00pm		Check-in & Registration	Lunch	Lunch	Lunch	Lunch	
3:00pm	Opening Ceremony	Meditation on Love, Thoughtfulness and Compassion to Understand the Doctrine of Buddhism	Chanting Mantra to Strengthen Energy Concentration of Spirit & Healing	Mindfulness Exercise	Closing Ceremony Participants' Remarks		
4:00pm	Reciting YeBulMoon & BanYaSimKyung				Meditation on Love, Thoughtfulness and Compassion to Understand the Doctrine of Buddhism	Chanting Mantra to Strengthen Energy Concentration of Spirit & Healing	Mindfulness Exercise
5:00pm							
6:00pm	Dinner	Dinner	Dinner	Dinner	OPTIONAL: Chicago City Tour		
7:00pm	Evening Service & Dahrma Talk	Continue on Meditation	Continue on Chanting Mantra	Social Hours: Tea, Talk & Talent Show			
8:00pm	Discussion on Students' concerns & interests	Sharing	Sharing				
9:00pm	108 Bows	108 Bows	108 Bows	108 Bows			
10:00pm	Sleep	Sleep	Sleep	Sleep			

Extended Stay : August 14 (Saturday) - August 15 (Sunday)

No Program offered but you can stay longer at the temple.

Sunday Service: 10:20am - 12:00pm

Program Director : Hyeonseong Sunim, Program Coordinator: Hana Yi Gusa

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