



宣隆內觀禪修會有限公司  
Sunlun Buddhist Vipassana Meditation Association Ltd.

宣隆內觀禪修法每週定期共修中心  
Centres for regular practice of Sunlun Vipassana Meditation

香港 — 灣仔 (Wanchai, Hong Kong)

明珠佛學社 (The Bright Pearl Buddhist Institute)		
地址 Address	香港灣仔軒尼詩道 68-76 號 新禧大樓 8 樓 D 室	Flat D, 8/F., Sun Hey Mansion, 68-76 Hennessy Road, Wanchai, Hong Kong
時間 Time	逢星期三 (晚上 7:00 – 9:15)	Every Wednesday (7:00 – 9:15 pm)

香港 — 銅鑼灣 (Causeway Bay, Hong Kong)

當卡菩提佛學中心 (Damkar Bodhi Buddhist Centre)		
地址 Address	香港銅鑼灣利園山道 70 號 鳳鳴大廈 17 樓 C 室	17/F, Room C, Phoenix Apartments, 70 Lee Garden Road, Causeway Bay, Hong Kong.
時間 Time	逢星期四 (晚上 6:45 – 8:15)	Every Thursday (6:45 – 8:15 pm)

新界 — 荃灣 (Tsuen Wan, N.T.)

香港普明佛學會 (The Buddhist Institute of Enlightenment (HK) Limited)		
地址 Address	新界荃灣沙咀道 270 號廣發大廈三樓 (電梯按 2 字)(麥當勞快餐店樓上)	2/F., Kwong Fat Building, 270 Sha Tsui Road, Tsuen Wan, N.T.
時間 Time	逢星期四：晚上 7:30 – 9:00 逢星期日：上午 9:30 – 11:00 下午 12:00 – 1:00 下午 3:00 – 4:30	Every Thursday : 7:30 – 9:00pm Every Sunday : 9:30 – 11:00am 12:00 – 1:00pm, 3:00 – 4:30pm

附註 Remarks	當節日公眾假期、八號風球或黑雨訊號發出時，共修會將暫停舉行。 有關宣隆禪法詳細資料，請登入宣隆網址查閱： <a href="http://www.sunlun.com">http://www.sunlun.com</a> When public holidays and when typhoon signal no. 8 is hoisted or Rainstorm Black Warning is issued, the group sitting will be cancelled without prior notice. For more details, please visit our Sunlun website: <a href="http://www.sunlun.com">http://www.sunlun.com</a>
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