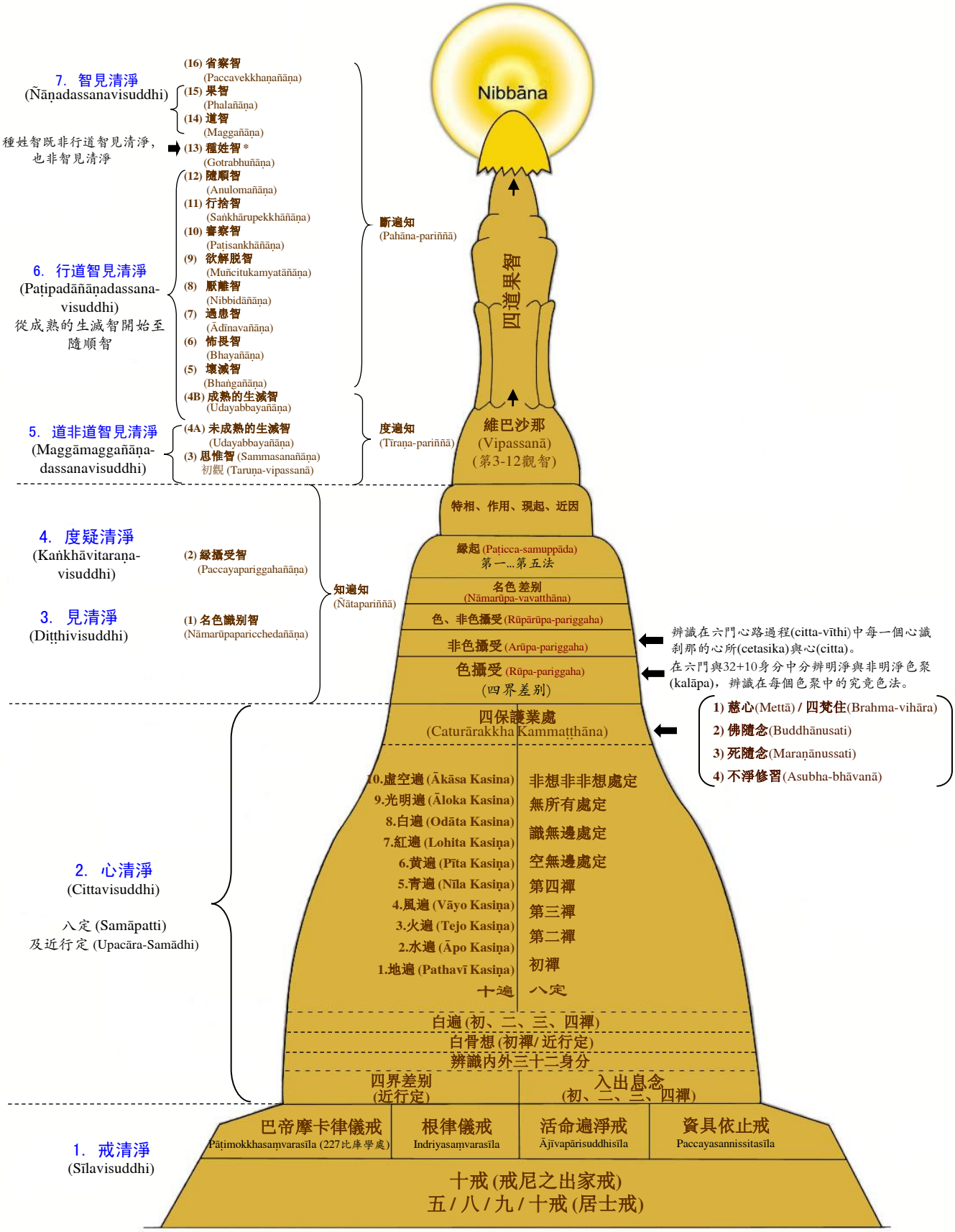
附表三：緬甸帕奧禪林止觀學程表

導至苦之滅盡——涅槃的八聖道