

SUMMER PRACTICE PERIOD

August 2 – August 30, 2025

SCHEDULE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SHINREI (Wake up bell)	4:30 AM	6:00 AM	4:30 AM	4:30 AM	4:30 AM	4:30 AM	4:30 AM
MORNING BELL	4:45	6:15	4:45	4:45	4:45	4:45	4:45
ZAZEN	5:00 ZAZEN	6:30 ZAZEN	5:00 ZAZEN	5:00 ZAZEN	5:00 ZAZEN	5:00 ZAZEN	5:00 ZAZEN
KINHIN	5:40	–	5:40	5:40	5:40	5:40	5:40
ZAZEN	5:50 ZAZEN	–	5:50 ZAZEN	5:50 ZAZEN	5:50 ZAZEN	5:50 ZAZEN	5:50 ZAZEN
MORNING SERVICE	6:30	7:10	6:30	6:30	6:30	6:30	6:30
ORYOKI BREAKFAST	7:00	7:30 (informal)	7:00	7:00	7:00	7:00	7:00 ZENDO
SOJI (Daily cleaning)	8:30	–	8:30	8:30	8:30	8:30	–
SAMU (Work practice)	9–11	–	9–11	9–11	9–11	9–11	8:30–10 WORK
ZAZEN	11:30 ZAZEN	–	11:30 ZAZEN	11:30 ZAZEN	11:30 ZAZEN	11:30 ZAZEN	10:30 ZAZEN
NOON SERVICE	12:15	–	12:15	12:15	12:15	12:15	11:00 LECTURE
ORYOKI LUNCH	12:30	12:00 (informal)	12:30	12:30	12:30	12:30	12:15
SAMU (Work practice)	–	–	2:15–4:15	–	2:15–4:15	–	2:15–4:15
STUDY FORMS	2:15	–		2:15		2:15	
PERSONAL CLEANING		12–6					
ZAZEN	5:10 ZAZEN	–	5:10 ZAZEN	5:10 ZAZEN	5:10 ZAZEN	5:10 ZAZEN	5:10 ZAZEN
EVENING SERVICE	5:45	–	5:45	5:45	5:45	5:45	5:45
ORYOKI DINNER	6:00	6:00	6:00	6:00	6:00	6:00	6:00
ZAZEN	7:30 (optional)	7:30 ZAZEN	7:30 ZAZEN	7:30 ZAZEN	7:30 ZAZEN	7:30 ZAZEN	7:30 ZAZEN
KINHIN		8:00	8:00	8:00	8:00	8:00	8:00
ZAZEN	–	8:10 ZAZEN	8:10 ZAZEN	8:10 ZAZEN	8:10 ZAZEN	8:10 ZAZEN	8:10 ZAZEN
FUKANZAZENGI	–	8:20	8:20	8:20	8:20	8:20	8:20
LIGHTS OUT (Pillow bell)	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM
Recommended Books: 1. <i>Adding Beauty to Brocade: Expressing the reality of life through the Four Embracing Actions</i> by Shohaku Okumura 2. <i>Moon in a Dewdrop: Writings of Zen Master Dogen</i> by Kazuaki Tanahashi 3. <i>Returning to Silence: Zen Practice in Daily Life</i> by Dainin Katagiri 4. <i>Mind Sky</i> by Jakusho Kwong-roshi 5. <i>How to Cook Your Life</i> by Eihei Dogen (Author), Kosho Uchiyama Roshi (Author) 6. <i>Dogen's Pure Standards for the Zen Community</i> by Eihei Dogen (Author), Shohaku Okumura (Translator)					Saturday, Aug 30 Shuso Ceremony (open to the public) 5:00–7:45am Zazen, Service, Oryoki Breakfast 8:30–10:00 Samu (work practice) 10:30 Zazen 10:50 Instruction for Mondo Participants 11:00 Ango Closing Ceremony & Mondo 12:00 Group Photo and Reception		