WINTER PRACTICE PERIOD

January 29 - February 26, 2022

SCHEDULE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wake up	4:30 AM	6:00 AM	4:30 AM	4:30 AM	4:30 AM	4:30 AM	4:30 AM
Bonsho	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**
Service	5:40	--	5:40	5:40	5:40	5:40	5:40
Break	6:10	--	6:10	6:10	6:10	6:10	6:10
ZAZEN	**6:15 ZAZEN**	--	**6:15 ZAZEN**	**6:15 ZAZEN**	**6:15 ZAZEN**	**6:15 ZAZEN**	**6:15 ZAZEN**
Okesa Verse	6:45	7:10	6:45	6:45	6:45	6:45	6:45
Sangha Daily Reading	6:50	7:15	6:50	6:50	6:50	6:50	--
Breakfast	7:00	7:30	7:00	7:00	7:00	7:00	7:00 (Oryoki)
Soji (daily cleaning)	8:00	--	8:00	8:00	8:00	8:00	--
Work Practice (Samu)	8:20	--	8:20	8:20	8:20	8:20	8:20
Break	10:50	--	10:50	10:50	10:50	10:50	10:00
ZAZEN	**11:20 ZAZEN**	--	**11:20 ZAZEN**	**11:20 ZAZEN**	**11:20 ZAZEN**	**11:20 ZAZEN**	**10:30 ZAZEN**
Talk	--	--	--	--	--	--	11:00
Oryoki Lunch	12:05 PM	12:05 PM	12:05 PM	12:05 PM	12:05 PM	12:05 PM	12:05 PM
Work Practice (Samu)	1:30	--	1:30	1:30	1:30	1:30	1:30
Break/excercise, walk or hike	4:00	12-6pm	4:00	4:00	4:00	4:00	4:00
Dinner	6:00	6:00	6:00	6:00	6:00	6:00	6:00
ZAZEN	**7:30 ZAZEN**	**7:30 ZAZEN**	**7:30 ZAZEN**	**7:30 ZAZEN**	**7:30 ZAZEN**	**7:30 ZAZEN**	**7:30 ZAZEN**
Fukanzazengi	8:10	8:10	8:10	8:10	8:10	8:10	8:10
Day ends	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM