

## DAILY SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT
Zazen	5:15 am	5:15 am	5:15 am	5:15 am	5:15 am	5:15 am
Kinhin	5:50	5:50	5:50	5:50	5:50	5:50
Zazen	6:00	6:00	6:00	6:00	6:00	6:00
Bell (Kesa)	6:30	6:35	6:30	6:35	6:30	6:35
Service	6:40	6:40	6:40	6:40	6:40	6:40
Breakfast	-----	7:05 House	-----	-----	-----	7:00 Oryoki
Temple Cleaning	8:45-9:05	8:45-9:05	8:45-9:05	8:45-9:05	8:45-9:15	7:45 Rest
Work Practice	9:05-12:00	9:05-12:00	9:05-12:00	9:05-12:00	9:15-12:00	8:30-10:00
Zazen Instruction	-----	-----	-----	-----	-----	9:00-10:00
Chanting	12:00 noon	12:00 noon	12:00 noon	12:00 noon	12:00 noon	10:00-10:30 Rest
Lunch	12:00-12:40	12:00-12:40	12:00-12:40	12:00-12:40	12:00-12:40	10:30-11:00 Zazen
Work Practice	1:30-3:30	1:30-3:30	1:30-3:30	1:30-3:30	1:00-3:30	11-12 DharmaTalk
Break	3:30	3:30	3:30	3:30	3:30 Service/Break	12:15 Lunch
Dinner	6:00-6:40	6:00-6:40	6:00-6:40	6:00-6:40	6:00-6:30	1:30 Closed
Zazen	7:00 Resident Mtg	7:30	7:30	7:30	7:30	-----
Kinhin	-----	8:10	8:10	8:10	8:10	-----
Zazen	-----	8:20	8:20	8:20	8:20	-----
Four Vows	-----	8:55	8:55	8:55	8:55	-----
End of Day	-----	9:00 pm	9:00 pm	9:00 pm	9:00 pm	SUN - Closed

- Tuesday Study Group, Genjo Building: 7:30-9:00 pm (no zazen during this period): Spring and Fall
- 1st and 2nd weekend each month is sesshin retreat
- Oryoki meal instruction: Fridays, 6:30-7:05 pm

rev. 240502