

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 am	5:50 am	5:50 am	5:50 am	5:50 am	5:50 am
Zazen	6:00 am	6:00 am	6:00 am	6:00 am	6:00 am	6:00 am
Bell (chant)	6:35 am	6:35 am	6:35 am	6:35 am	6:35 am	6:35 am
Service	6:40 am	6:40 am	6:40 am	6:40 am	6:40 am	6:40 am
Breakfast	-----	7:05 House	-----	-----	-----	6:55 am Zendo
Temple Cleaning	8:45-9:05 am	8:45-9:05 am	8:45-9:05 am	8:45-9:05 am	8:45-9:15am	7:45 am 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 am
Zazen Instruction	-----	-----	-----	-----	-----	9:00-10:00 am
Chanting	12:00 noon	12:00 noon	12:00 noon	12:00 noon	<i>Oryoki</i>	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 pm	1:30-3:30 pm	1:30-3:30pm	1:30-3:30 pm	1:00-3:30 pm	11-12 DharmaTalk
Break	3:30 pm	3:30 pm	3:30 pm	3:30 pm	3:30 Service	12:15 Lunch
Dinner	6:00-6:40 pm	6:00-6:40 pm	6:00-6:40 pm	6:00-6:40 pm	6:00-6:40 pm	1:30 Closed
Zazen	-----	*7:30 pm	7:30 pm	7:30 pm	7:30 pm	-----
Kinhin	7:00 pm Resident	8:10 pm	8:10 pm	8:10 pm	8:10 pm	-----
Zazen	Meeting	8:20 pm	8:20 pm	8:20 pm	8:20 pm	-----
Four Vows		8:55 pm	8:55 pm	8:55 pm	8:20 pm	-----
		9:00 pm end	9:00 pm end	9:00 pm end	9:00 pm end	SUN - Closed

- Tuesday night Study Group, Sangha House: 7:30-9:00pm (no zazen during this period): Spring and Fall
- Generally first or 2nd weekend of each month is sesshin retreat
- Meals for members and overnight guests
- Oryoki meal instruction: Fridays, 6:30-7:15pm
- Ango in February and August

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