

WINTER PRACTICE PERIOD

January 25–February 22, 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
WORK	--	--	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 SERVICE	8:00	8:00	8:00
ZAZEN	--	8:10 ZAZEN	8:10 ZAZEN	(5th, 19th)	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. *Treasury of the True Dharma Eye: Zen Master Dogen's Shobo Genzo* Edited by Kazuaki Tanahashi
2. *When Things Fall Apart* by Pema Chödrön
3. *Branching Streams Flow in the Darkness* by Shunryu Suzuki
4. *Journey Without Goal: The Tantric Wisdom of the Buddha* by Chögyam Trungpa
5. *The Holy Teaching of Vimalakirti* Translated by Robert A. F. Thurman

Saturday, Jan 25 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