

# TEMPLE STAY

## Friday

3:00 p.m.	Check-in
4:00 p.m.	Orientation – Intro Temple Rules/Tour
6:00 p.m.	Dinner
6:40 p.m.	Oryoki ( <i>formal meal</i> ) Instruction
7:30 p.m.	<b>Meditation</b> ( <i>optional</i> )
8:10 p.m.	Walking Meditation
8:20 p.m.	<b>Meditation</b>
8:55 p.m.	Recite Bodhisattva Vows
9:00 p.m.	Day Ends

## Saturday

5:00 a.m.	Day Begins / Wash & Purify Body Mind
5:15 a.m.	<b>Meditation</b> ( <i>optional</i> )
5:50 a.m.	Walking Meditation
6:00 a.m.	<b>Meditation</b>
6:40 a.m.	Buddhist Service & Chanting
7:00 a.m.	Oryoki Breakfast in Sangha House
8:50 a.m.	Check-in for Meditation Instruction (at Sangha House)
9:00 a.m.	Meditation Instruction or Self-guided Nature Walk ( <i>optional</i> )
10:00 a.m.	Break – Observing Silence
10:30 a.m.	<b>Meditation</b>
11:00 a.m.	Buddhist Public Lecture
12:00 noon	Informal Public Buffet Lunch
1:30 p.m.	Check-out

Please observe the following guidelines:

- Please attend Buddhist services.
- Please be on time for all scheduled events.
- Please maintain mindfulness speech or silence during breaks.
- Please take off your socks in the meditation hall.
- Clean your room on your last day.