

Wrapping Ourselves in Buddha's Zazen
2019 Practice Period
Daily Schedule September 16 – 26
REVISED 8.26.19

Every Day (*Except Thursday*)

6:00 zazen
6:40 kinhin
6:50 zazen
7:30 service
7:40 breakfast
8:30 cleanup/break

9:30 zazen
10:10 kinhin
10:20 zazen
10:50 kinhin
11:00 zazen
11:30 service
11:40 lunch
12:30 cleanup/break

1:30 samu
3:30 rest/bath
5:30 service
5:40 dinner

6:30 cleanup/break
7:20 study
8:20 zazen
9:00 end

Thursday

6:00 zazen – interval bell
7:00 service
7:10 breakfast/bag lunch
8:00 cleanup
8:50 rest/laundry/bath

5:30 service
5:40 dinner
6:30 cleanup/break
7:10 zazen – interval bell
8:10 end