

Daily Schedule

5:30am	Wake
6-8am	Zendo (Tea @ 6:00)
8	Breakfast / Cleanup
9-12:30	Zendo (Tea @ 9:00 / Chanting / Teisho @ 10:30)
12:30pm	Lunch
1-1:30	Cleanup / Work Period
1:30	Personal Time
2-5:30	Zendo (Interviews / Tea & Snack @ 3:30)
5:30	Dinner
6	Cleanup / Personal Time
7-9	Zendo (Chanting / Tea at 8:45)
9pm	Bodhisattva Vows
9:30pm	Retire (Lights out)

Encouragements

- Please maintain stillness while sitting.
Limit your activity.
- Please maintain silence.
When necessary for practicalities outside zendo, speak softly.
- Please avoid eye contact.
Stay with your practice.
- Please do your best.
Don't negotiate. Carry the Sangha. Be carried by the Sangha.

The schedule is our collective container for practice. Please relinquish yourself to it.