

SUMMER PRACTICE PERIOD

July 30 to August 25, 2018

SCHEDULE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SHINREI (wake-up bell)	4:30	6:00	4:30	4:30	4:30	4:30	4:30
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	--
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	--	2:15	--	2:15
STUDY FORMS	2:15	--		2:15		2:15	
PERSONAL CLEANING		12:00-6:00					
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 zazen	7:30 zazen	7:30 zazen	7:30 zazen	7:30 zazen	7:30 zazen	7:30 zazen
KINHIN	optional	8:10	8:10	8:00 Service	8:10	8:10	8:10
ZAZEN	--	8:20 zazen	8:20 zazen	(10th, 24th)	8:20 zazen	8:20 zazen	8:20 zazen
LIGHTS OUT (pillow bell)	9:00	9:00	9:00	9:00	9:00	9:00	9:00

Recommended books

Living By Vow by Shohaku Okumura
 No Beginning No End by Jakusho Kwong
 Returning to Silence by Dainin Katagiri
 Opening the Hand of Thought by Kosho Uchiyama

Saturday Aug 25 - Shuso Ceremony (open to the public)

5:00 - 7:45 Zazen, morning service, oryoki breakfast
 8:30 - 10:00 Work practice
 10:30 Zazen
 10:50 Instruction for Mondo participants
 11:00 Shuso Ceremony
 12:00 Group photo and Reception

ALL PRACTICE IS OPEN TO PUBLIC