

SUMMER PRACTICE PERIOD

July 31 - August 26, 2017

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 <i>The Blue Cliff Record</i> trans. by Cleary & Cleary <i>Each Moment Is the Universe</i> by Dainin Katagiri <i>Living By Vow</i> by Shohaku Okumura <i>No Beginning, No End</i> by Jakusho Kwong <i>Taking Our Places</i> by Norman Fischer	Saturday Aug 26 - 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
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ALL PRACTICE IS OPEN TO PUBLIC