

Intensive Schedule: June 2023

(Covers one week)

Monday

8AM	Breakfast (on one's own)
9AM	Morning Meditation (garden or meditation hall)
10AM	Free time to chill or take care of personal needs (eg, laundry, shopping, ect.)

Tuesday:

6—10AM	Contemplative Hike
7:30AM	Breakfast (breakfast to be eaten on hike)
10:00AM	Council
12:30PM	Lunch together
1—2PM	Rest
2PM	Stretch + Lite Yoga + Taichi
2:30—4:30	Study-Session (10-min break halfway) <i>Study Sessions will be a pedagogy of didactics/PPTs, videos, readings, contemplative practices, writing/drawing exercises, relational role play, group sharing/discussion, etc.</i>
4:30-5PM	Seated Meditation
6:00—6:30	Dinner
8—9PM	Dharma Sharing & Seated Meditation
9:30PM	Sleep

Wednesday—Friday (all-day):

6—7AM	Morning Meditation
7:00AM	Chanting
7:30AM	Breakfast together
9—12PM	Work Practice (SAMU) <i>Work practice could be an onsite samu/work project(s), an off-site samu/work project(s), bearing witness activity, contemplative/reflexive training, personal work session</i>
12:30PM	Lunch together
1—2PM	Rest
2PM	Stretch + Lite Yoga + Taichi
2:30—4:30	Study-Session (10-min break halfway) <i>Study Sessions will be a pedagogy of didactics/PPTs, videos, readings, contemplative practices, writing/drawing exercises, relational role play, group sharing/discussion, etc.</i>
4:30-5PM	Seated Meditation
6:00—6:30	Dinner
6:45—7:45	Exercise (Walk/Stretch/Gym)
8—9PM	Seated Meditation
9:30PM	Sleep

Saturday (all day):

6—7AM	Morning Sitting
7:30AM	Breakfast together
8:30AM	Zen Chanting Service
9—10:30AM	Study-Session <i>Study Sessions will be a pedagogy of didactics/PPTs, videos, readings, contemplative practices, writing/drawing exercises, relational role play, group sharing/discussion, etc.</i>
10:30AM	Temple Cleaning +SAMU (1-hour)
12:30PM	Lunch together
1—2PM	Rest
2PM	Stretch + Lite Yoga
2:30—5:00	Work Practice (SAMU) <i>Work practice could be an onsite samu/work project(s), an off-site samu/work project(s), bearing witness activity, contemplative/reflexive training, personal work session</i>
6:00—6:30	Dinner
7:30—9PM	Dharma Sharing & Seated Meditation
9:30PM	Sleep

Sunday(all-day):

6—7AM	Morning Council
7:30AM	Breakfast together
8:30AM	Zen Chanting Service (Gate of Sweet Nectar)
9—10:30	Seated Meditation (meditation hall)
11AM	Dharma Talk
12:30PM	Lunch together
1:30—4PM	Free Time
6:00PM	Dinner (on one's own)
7—9PM	Free Time
9:30PM	Sleep