

## **Weekday schedule for the 2023 Fall Practice Period.**

Tuesday evening – sitting 7:00-8:20 (2 periods)

Wednesday through Friday (except no Friday evening service or sitting)

### **Dawn**

5:55 – be in your seat/Head Trainee entrance/abbot entrance/zazen

6:30 – indoor slow kinhin.

6:35 – zazen

7:00 – verse of the kesa followed by morning service

7:45 – breakfast (on your own or together, TBD)

### **Morning**

9:00 – samu service in the garden

10:45 – end samu

11:15 – sitting

11:50 – noon service

### **Afternoon**

12:15 – lunch (on your own), rest

1:30 – 4:30 – study/samu/work/sitting

### **Evening**

6:45 – evening service

7:00-8:20 sitting/kinhin/sitting

8:20 – 4 vows, bows, evening verse