

Daily Practice Schedule

Monday	Tuesday	Wed/Fri	Thu/Sun	Saturday
5:30 am – 6:30 am Personal Practice	5:30 am – 6:30 am Optional Sitting Meditation	5:30 am – 6:30 am Optional Sitting Meditation	5:30 am – 6:30 am Optional Sitting Meditation	5:30 am – 6:30 am Optional Sitting Meditation
6:30 am – 7:30 am Personal Practice	6:30 am – 7:30 am Group Meditation	6:30 am – 7:30 am Group Meditation	6:30 am – 7:30 am Group Meditation	6:30 am – 7:30 am Group Meditation
8 am – 9 am Breakfast	8 am – 9 am Breakfast	8 am – 9 am Breakfast	8 am – 9 am Breakfast	8 am – 9 am Breakfast
9:30 am – 10:45 am Personal Practice	9:30 am – 10:45 am Mindfulness Trainings study	9:30 am – 10:45 am Personal Practice	9:30 am – 10:45 am Dharma Talk and Sharing	9:30 am – 10:45 am Personal Practice
12:30 pm – 2 pm Lunch and cleaning up	12:30 pm – 2 pm Lunch and cleaning up	12:30 pm – 2 pm Lunch and cleaning up	12:30 pm – 2 pm Lunch and cleaning up	12:30 pm – 2pm Lunch and cleaning up
3:30 pm – 5 pm Personal Practice	3:30 pm – 4:30 pm Sitting Meditation	3:30 pm – 5 pm Working Meditation	3:30 pm – 5 pm Walking Meditation and group study	3:30 pm – 4:30 pm Sitting Meditation
8 pm – 9 pm Begin Anew	8 pm – 9 pm Group Meditation	8 pm – 9 pm Group Meditation	8 pm – 9 pm Personal Practice	8 pm – 9 pm Group Meditation and Chanting
10 pm Lights out and Resting	10 pm Lights out and Resting	10 pm Lights out and Resting	10 pm Lights out and Resting	10 pm Lights out and Resting