



dai bosatsu zendo



## Summer Interim | Sample Daily Schedule

Wednesday-Saturday	5:00a	Wake-up
	5:30	Short chanting service, Zazen
	6:30	Formal breakfast
	7:00	Morning work meeting
	7:30 – 9:00	Monastery cleaning
	9:00 – 10:30	Work practice
	10:30 – 11:00	Tea/snack break
	11:00 – 12:45	Continue work practice
	1:00	Formal lunch
	2:30 – 5:00	Work practice
	6:30	Chanting, Zazen, Kinhin (walking meditation)
	8:30	Closing
Sunday	4:30a	Wake-up
	4:50	Fast kinhin
	5:00	Full morning chanting service, Zazen
	6:45	Formal breakfast
	7:15	Morning work meeting
	8:00 – 9:00	Monastery cleaning
9:00 – 10:30	Work practice	
	10:30 – 11:00	Tea/snack break
	11:00 – 1:00	Continue work practice
	1:00	Informal lunch, cleanup, residents meeting
		Unstructured period through Monday
Monday	8:30a	Informal breakfast
	9:15 – 10:30	Monastery cleaning
	6:30p	Informal dinner
Tuesday	5:30a	Wake-up
	6:00	Short Chanting service, Zazen
	7:00	Formal breakfast
	7:30	Morning work meeting
	8:15 – 9:30	Monastery cleaning
	9:30 – 11:00	Work practice
	11:00 – 11:30	Tea/snack break
	11:30 – 8:30	(same as Wednesday – Saturday)
	8:30	Closing



dai bosatsu zendo



## Winter Interim | Sample Daily Schedule

Wednesday-Saturday	5:00a	Wake-up
	5:30	Short chanting service, Zazen (sitting meditation)
	6:30	Formal breakfast
	7:00	Morning work meeting
	7:45 – 9:00	Monastery cleaning
	9:00 – 10:30	Work practice period
	10:30 – 11:00	Tea/snack break
	11:00 – 12:45	Continue work practice
	1:00	Formal lunch
	2:30 – 4:30	Work practice
	6:00	Chanting, Zazen, Kinhin (walking meditation)
	8:00	Closing
Sunday	4:30a	Wake-up
	4:50	Fast Kinhin
	5:00	Full morning chanting service, Zazen
	6:45	Formal breakfast
	7:15	Morning work meeting
	8:00 – 9:15	Monastery cleaning
	9:15 – 10:30	Work practice period
	10:30 – 11:00	Tea/snack break
	11:00 – 1:00	Continue working
	1:15	Informal lunch, Cleanup, Residents' meeting
		Unstructured period through Monday
Monday	8:30a	Informal breakfast, Meal clean-up
	9:15 – 10:30	Morning cleaning
	6:30p	Informal dinner
Tuesday	5:30a	Wake-up
	6:00	Short chanting service, Zazen
	7:00	Formal breakfast
	7:30	Morning work meeting
	8:15 – 9:30	Monastery cleaning
	9:30 – 11:00	Work practice period
	11:00 – 11:30	Tea/snack break
	11:30 – 7:30	(same as Wednesday – Saturday)