



dai bosatsu zendo



Summer Interim | Sample Daily Schedule

Tuesday – Saturday	5:30am	Kaijo (wake-up)
	6:00	Han, Short Morning Service, Zazen
	7:00	Shukuza (formal breakfast in dining room)
	7:30	Morning Meeting
	8:00 – 9:00	Nittensoji (monastery cleaning)
	9:00 – 10:30	Morning Samu (work practice)
	10:30	Sarei (tea break)
	11:00 – 12:45	Continue Samu
	1:00	Saiza (formal lunch – line up outside dining room with jihatsu)
	2:30 – 4:30	Afternoon Samu
	4:45 – 5:30	Yoga / Stretching in Library
	5:35	Shinrei (warning bell, go to Zendo)
	5:45	Konsho, Teidai Denpo chanting Zazen, Kinhin (walking meditation)
	7:15	Kaihan, Zazen Kaichin (closing)
Sunday	5:00am	Kaijo
	5:20	Fast Kinhin
	5:30	Choka Han, Zazen
	7:15	Shukuza
	7:45	Morning Meeting
	8:15 – 9:00	Nittensoji
	9:00 – 10:30	Morning Samu
	10:30	Sarei
	11:00 – 12:45	Continue Samu
	1:15	Informal lunch, cleanup, Sangha meeting Unstructured period through Monday
Monday	8:30am	Informal Breakfast
	9:00 – 10:30	Nittensoji
	6:30pm	Informal Dinner

Maintain silence from 9pm until morning meeting. The zendo is open all night for Zuiza, unstructured after-hours Zazen. Showering is not permitted before the wake-up bell or after 9pm



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Winter Interim | Sample Daily Schedule

Tuesday – Saturday	5:30am	Kaijo (wake-up)
	6:00	Han, Short Morning Service, Zazen
	7:00	Shukuza (formal breakfast in dining room)
	7:30	Morning Meeting
	8:00 – 9:00	Nittensoji (monastery cleaning)
	9:00 – 10:30	Morning Samu (work practice)
	10:30	Sarei (tea break)
	11:00 – 12:45	Continue Samu
	1:00	Saiza (formal lunch – line up outside dining room with jihatsu)
	2:30 – 4:30	Afternoon Samu
	4:45 – 5:30	Yoga / Stretching in Library
	5:35	Shinrei (warning bell, go to Zendo)
	5:45	Konsho, Teidai Denpo chanting Zazen, Kinhin (walking meditation)
		Kaihan, Zazen
	7:15	Kaichin (closing)
Sunday	5:00am	Kaijo
	5:20	Fast Kinhin
	5:30	Choka Han, Zazen
	7:15	Shukuza
	7:45	Morning Meeting
	8:15 – 9:00	Nittensoji
	9:00 – 10:30	Morning Samu
	10:30	Sarei
	11:00 – 12:45	Continue Samu
	1:15	Informal lunch, cleanup, Sangha meeting <i>Unstructured period through Monday</i>
Monday	8:30am	Informal Breakfast
	9:00 – 10:30	Nittensoji
	6:30pm	Informal Dinner

Maintain silence from 9pm until morning meeting. The zendo is open all night for Zuiza, unstructured after-hours Zazen. Showering is not permitted before the wake-up bell or after 9pm