

Detailed Schedule for Part-Time Two Day Participants

** Arrival or Departure of Part-Timers

*(Part-Timers arrive later & leave earlier
to allow time for “commuting practice”)*

* Optional rest periods

MONDAY, AUG. 11

10:00 am--Arrival of Part-Timers**

Check-in, orientation, oryoki instruction

10:45—11:30 Work Practice

11:30—12:00 Break (Change clothes)

12:00—12:30 Zazen/meditation

12:30—12:40 Walking meditation

12:40—1:10 Zazen/meditation

1:10—2:00 Oryoki (Lunch)

2:00—3:30 Break (nap, walk, etc)

3:30—4:00 Zazen/meditation

4:00—4:10 Walking meditation

4:10—4:50 Zen Talk

4:50—6:10 **Unstructured***

*(Zazen & walking meditation on your
own schedule)*

6:10—6:30 Service (readings, etc.)

6:30—7:00 Evening Snack Buffet

7:00—8:00 Break

8:00—8:40 Tea Ceremony

8:40—8:50 Walking meditation

8:50—9:15 Zazen/meditation

9:15--Departure of Part-Timers**

TUESDAY, AUG. 12

7:10—7:20 Arrival of part-timers**

7:20—7:50 Zazen/meditation

7:50—8:45 Oryoki (Breakfast)

8:45—9:30 Break (Change clothes)

9:30—11:30 Work Practice

11:30—12:00 Break

12:00—12:30 **Zazen/meditation***

12:30—12:40 Walking meditation

12:40—1:10 Zazen/meditation

1:10—2:00 Oryoki (Lunch)

2:00—3:30 Break

3:30—4:00 Zazen/meditation

4:10—4:20 Walking meditation

4:20—4:50 Zen Talk

4:50—6:30 **Unstructured***

*(Zazen & walking meditation on your
own schedule)*

6:30—7:00 Evening Snack Buffet

7:00—8:00 Break

8:00—8:40 Chi Gong

8:40—8:50 Walking meditation

8:50—9:15 Zazen/meditation

9:15--Departure of Part-Timers**

WEDNESDAY, AUG. 14

7:10—7:20 Arrival of part-timers**

7:20—7:50 Zazen/meditation

7:50—8:20 Oryoki (Breakfast)

8:20—9:00 Break

9:00—10:45 Work Practice

10:45—11:15 Break

11:15—11:30 Personal items taken to
cars & light cleaning of room used

11:30—12:00 Zazen/meditation

12:00—12:20 Closing Remarks

12:20—1:00 Buffet Lunch

1:00—2:00 Clean up & Departure

2:10—Lock up by person in charge of
session closing