

Daily Schedule

5:30am	Wake
6-8am	Zendo (Tea @ 6:00)
8am	Breakfast / Cleanup
9-12:30	Zendo (Tea @ 9:00 / Chanting / Teisho @ 10:30)
12:30pm	Lunch
1-1:30	Cleanup / Work Period
1:30pm	Personal Time
2-5:30	Zendo (Interviews / Tea & Snack @ 3:30)
5:30pm	Dinner
6pm	Cleanup / Personal Time
7-9	Zendo (Chanting / Tea at 8:45)
9pm	Bodhisattva Vows
9:30pm	Retire (Lights out)

Four Agreements for Formal Practice

- Be still. Take the One Seat.
Limit your activity to what you can do just now, in this moment.
- Be silent.
When necessary for practicalities (e.g. in kitchen), speak softly.
- Avoid eye contact. Don't look around in the zendo.
Stay with the moment. Cease comparing self and other.
- Do your best.
Don't negotiate. Don't waffle. Carry the Sangha. Be carried by the Sangha.

The schedule is our collective container for practice. Relinquish yourself to it.