



DAILY SCHEDULE

RESPONSIBILITY WEEKS

4:40 Chant
5:30 Sit (Interviews)
6:30 Exercise Period
7:35 Breakfast
8:15 Breakfast Cleanup
8:30 Work

12:35 Lunch
1:15 Chores
2:00 Free Time
4:30 Evening Activity

7:00 Sit
8:30 Chanting

AWAKENING WEEKS

4:40 Chant
5:30 Sit (Interviews)
7:00 Exercise Period
8:05 Breakfast
8:45 Breakfast Cleanup
9:20 Sit
10:00 Guided Meditation + Q&A
11:30 Sit / Apprentice Work Period
12:00 Optional Walk
1:05 Lunch
1:45 Chores
2:30 Self-Practice Period
4:30 Sit
5:30 Optional Walk
6:00 Sit
6:30 Sit
 Exhortation
 Sit with Interviews
 Chanting
 Yaza