

Heart of Perfect Wisdom Zendo: Daily Training Schedule

Sunday

6:15am	Wakeup Moktok
6:30am	Exercise; Shower; Caretaking; Breakfast
8:30 – 10:30am	Morning Zazen (with chanting)
6:30 – 8:30pm	Evening Zazen at Infinite Bliss Yoga

Monday

6:15am	Wakeup Moktok
6:30am	Exercise; Shower; Caretaking; Breakfast; Study
9:45 - 10:30am	Zazen & Dokusan
Evening Zazen (optional)	7:00 - 8:00pm / 8:00 - 9:00pm / 9:00 - 10:00pm
9:15pm	Bell & Moktok; Lockup; Lights Out/Yaza

Tuesday – Saturday

5:15am	Wakeup Moktok
5:30am	Exercise; Shower
6:50am	Morning Duty
7:00am	Morning Zazen
8:00am	Caretaking; Breakfast
9:00am - 4:30pm	Work Practice
9:00 - 9:45am	Housekeeping: Tu, Th, Sa
9:45 - 10:30am	Zazen & Dokusan: W, F
12:45 - 1:30pm	Lunch & Break; Semi-formal lunch on T, Sa
4:30pm	Chanting (W - Sa)
4:45pm	Dinner & Break
Evening Zazen	6:30 - 8:00pm: Tu (with chanting), W, Th 7:00 - 8:00pm: F Saturday evenings free
8:15pm	Study & Personal Time
9:15pm	Bell & Moktok; Lockup; Lights Out/Yaza