

Sample Daily Schedule

Please note that all meditation is self-directed. During the scheduled periods participants have the opportunity to sit for the whole period, but are free to manage themselves as they see fit.

5:00am-5:30am Wake-up bell
5:30am-7:30am Sit
7:30am-8:15am Seva/Rest BREAKFAST PREP*
8:15am-9:00am Breakfast
8:45am-9:30am Seva BREAKFAST CLEANUP*
9:30am-10:30am Sit
10:30am-12:00pm Group Process or Private Interviews/ Sit
12:00pm-1:00pm Seva LUNCH PREP*
1:00pm-1:45pm Lunch
1:45pm-2:30pm Seva LUNCH CLEANUP*
2:30pm-4:30pm Sit
4:30pm-5:00pm Gong Savasana/ Sit
5:00pm-6:00pm Seva DINNER PREP*
6:00pm-6:30pm Dinner
6:30pm-7:15pm Seva DINNER CLEANUP*
7:15pm-8:00pm Talk/Teaching
8:00pm-9:30pm Sit
9:30pm Retire to sleeping areas or sit (the zendo stays open all night)

* Participants who are not scheduled for seva duties can either rest, walk on the property, or meditate in their cabins/bunks, or meditate in or on top of the darkness hut or other designated locations on the property, or meditate in the zendo.

Sample Yaza Schedule (Night Meditation) - optional

10:00pm-10:30pm Chanting/ toning
10:30pm-1:00am Sit
1:00am-1:30am Break/ Snacks in dining area
1:30am-5:00am Sit
5:00am-6:00am Rest/ Sleep