

Ancestral Heart Zen Monastery Off-Practice Period Schedule

All resident and visiting practitioners join the entire schedule completely.

Tuesday through Saturday

4:50 am	Wake-up bell
4:55	Preparing body for zazen
5:15	Han
5:30	Zazen
6:00	Kinhin
6:10	Zazen
6:40	Morning Service
7:00	Soji
7:15	Breakfast & Clean-up
8:00	Study (<i>ends 9:00</i>)
9:10	Work
10:55	Han
11:10	Zazen
11:40	Kinhin
11:50	Zazen
12:20 pm	Noon Service
12:30	Soji
12:40	Lunch & Cleanup
1:10	Work
4:10	Personal Time
6:10	Densho
6:20	Evening Service
6:30	Supper
7:05	Han or Densho
7:20	Zazen or Dharma Event
7:50	Kinhin
8:00	Zazen
8:30	Refuges
9:00 pm	Lights out

Sunday

4:50 am	Wake-up bell
4:55	Preparing body for zazen
5:15	Han
5:30	Zazen
6:00	Kinhin
6:10	Zazen
6:40	Morning Service
7:00	Soji
7:15	Breakfast & Clean-up
8:00	Study (<i>ends 9:00</i>)
9:10	Work
10:55	Han
11:10	Zazen
11:40	Kinhin
11:50	Zazen
12:20 pm	Noon Service
12:30	Soji
12:40	Lunch & Cleanup
1:10	Work
2:45	<i>Personal Time</i>
8:30 flex	Zazen
10:30 pm	Lights out

Monday

7:00 am	Wake-up bell
7:15	Han
7:30	Zazen
8:00	Short Morning Service
8:20	Day-off Breakfast
9:00	<i>Personal Time</i>
7:00 pm	Residents Meeting
8:00	Zazen
8:30	Refuges
9:00 pm	Lights out