

Residential Training Schedule*

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
430	Wake up	Wake up	Wake up	Wake up	Day Off Begins
445	Yoga	Yoga	Yoga	Yoga	OFF
555	Zendo Prep	Zendo Prep	Zendo Prep	Zendo Prep	OFF
600	Zazen(45) Walking (10)	Zazen(45) Walking (10)	Zazen(45) Walking (10)	Zazen(45) Walking (10)	OFF
655	Chanting	Chanting	Chanting	Chanting	OFF
730	Niten Soji	Niten Soji	Niten Soji	Niten Soji	OFF
800	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
830	Independent Training	Independent Training	Independent Training	Independent Training	OFF
900	Daily Work Practice	Daily Work Practice	Daily Work Practice	Daily Work Practice	OFF
1045	Ikkyu	Ikkyu	Ikkyu	Ikkyu	OFF
1230	Work Clean Up	Work Clean Up	Work Clean Up	Work Clean Up	OFF
1300	Lunch	Lunch	Lunch	Lunch	Lunch
1330	Independent Training	Independent Training	Independent Training	Independent Training	OFF
1500	Zazen	Zazen	Zazen	Zazen	OFF
1600	Tea and Zen Study	Zen Study & Set Up for Yoga	Tea and Zen Study	Training Interview w/Teacher	OFF
1700		Dinner		Zen Study	OFF
1730	Independent Training	Depart for UVic	Independent Training	Independent Training	Dinner
1800	Dinner		Dinner	Dinner	OFF
1900		UVic Sit			OFF
1930	Evening Chanting & Zazen		Zazen	Evening Chanting & Zazen	OFF
2000	Zazen	UVic Tea Circle	Course Work	Zazen	OFF
2100	Closing & Set Up for Yoga	Closing - Personal Shopping	Closing & Set Up for Yoga	Closing	OFF
2130	Bed	Bed	Bed	Bed	Bed

TIME	Saturday	Sunday	Intensive Sunday
500			Wake up/Prep
600	Wake up	Wake up	Intensive
615	Zendo	Zendo	
700	Niten Soji	Niten Soji	
730	Breakfast	Breakfast	
800	Independent Training Or Temple Prep	Temple Prep	
900	Daily Work	Zendo and Clean Up	
1300	Lunch	Lunch	
1330	Independent Training	Independent Training	
1500	Daily Work Practice	Daily Work Practice	Closing and Clean Up
1745	Work Clean Up	Work Clean Up	Independent Training
1800	Dinner	Dinner	Dinner
1830	Independent Training	Independent Training	Independent Training
1930	Evening Chanting	Evening Chanting	Evening Chanting
2000	Zendo	Zendo	Zendo
2100	Closing & Set Up	Closing & Set Up	Closing
2130	Bed	Bed	Bed

*Schedule is subject to change at the discretion of the Abbot