

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