

CRESTONE MOUNTAIN ZEN CENTER

DAILY SCHEDULE

April 30-June 30, 2019

Daily Morning

(except Mon)

4:30 Wake-up Bell
4:45 Han
5:00 Zazen
5:40 Kinhin
5:50 Zazen
6:30 Service
7:00 Study/Exercise
8:30 Breakfast
9:05 Break
9:30 Work Meeting/Work
12:15 End of Work
12:30 Lunch
1:10 Break/Clean-up

Monday

6:00 Wake-up Bell
6:15 Han
6:30 Zazen
7:15 Service
8:00 Soji/Meal Prep
9:15 Breakfast
Bag Lunch

Daily Afternoon

(Tue, Wed, Fri, Sat)

3:00 Work
5:00 Study/Exercise

Sunday & Monday Afternoon

Personal Time (No Schedule)

Thursday Afternoon

3:00 Dharma Circle
5:00 Study/ Exercise

Daily Evening

(Tue, Thu, Fri, Sat)

6:00 Supper/Open Kitchen
6:25 Break
7:35 Han
7:50 Zazen
8:20 Kinhin
8:30 Zazen
9:00 End Zazen

Wednesday Evening

6:00 Supper/Open Kitchen
6:25 Break
7:30 Dharma Talk
9:00 End of Dharma Talk

Sunday & Monday Evening

Personal Time (No Schedule)