

Practice Period Calendar 2022

Regular schedule:

Monday: 6:20 a.m.(formal)

Tuesday: 6:20 a.m. (formal) and 5:40 p.m. (informal)*

Wednesday: 6:20 a.m. and 5:40 p.m. (both formal)*

Thursday: 6:20 a.m. (formal)

Friday: 6:20 a.m. (formal) and 5:40 p.m. (informal)

Saturday: 8:00 a.m.-11:45 a.m: one hour zazen, with interval, service and short break; continuing with 9:30 zazen, short *soji* and Saturday lecture.

Special Schedule:

September:

28 Oryoki training and buddy choosing 6:00 p.m. after short Zazen.

October:

1. One Day Sit (6:30 a.m.-8:45 p.m.) PP Open at 6:00 p.m.)
- 5 Class after service at 6:10, short break, and class from 6:20-7:30
- 12 Full Moon Ceremony/Class: Zazen 5:40-6:00, Council/check-in 6-6:20, Ceremony 6:20-6:45. Class 6:45-7:45
- 19 Class after service at 6:10, short break, and class from 6:20-7:30
- 22 Sangha Samu Day 9:30a.m.-3 p.m. (no early program)
- 26 Class after service at 6:10, short break, and class from 6:20-7:30

November:

- 2 Full Moon Ceremony/Class: Zazen 5:40-6:00, Council/check-in 6-6:20, Ceremony 6:20-6:45. Class 6:45-7:45
- 9 Sejiki/Skit Night 4:30 p.m. altar prep/5:40 zazen/
6:20ceremony/6:45 skit night
- 16-20 Sesshin (6:30 a.m.-8:45 p.m. except Sunday ends with Shosan
- 17 Shosan Ceremony 3:30 p.m. (All in Practice Period are welcome)

*Formal sitting means more formal clothing and service, usually 40 minute period.
Informal means less formal clothing and no service, usually 30 minute period.