

Daily Practice Schedule

Mornings

Monday

6 – 7:05 prostrations,
meditation, Yebul, am prayer

Tuesday

6 – 7:05 prostrations,
meditation, Yebul, am prayer

Wednesday

6 – 6:30 short practice
6:30 – 7:30 residents mtg

Thursday

6 – 7:05 prostrations,
meditation, Yebul, morning
prayer
9 am meditation; 9:30 am study

Friday

6 – 7:05 prostrations
meditation, Yebul, am prayer
9 – noon formal study

Saturday

6:30 – 7am short practice
9 – 11 am Volunteer Work Practice

Sunday

6:30 – 8:15 prostrations,
meditation, interviews, Yebul
10:00 – 11:30am Public Service

*see www.zenbuddhisttemple.org & temple
ebulletin for other scheduled events –
meditation courses, study groups, retreats,
talks, Zen Family Program, special events
etc.*

Evenings

Monday

6:30 – 7pm optional meditation
7 – 7:20pm Evening Bell, Yebul & Heart
Sutra
7:30 Volunteer Work Practice

Tuesday

6:30 – 7pm optional meditation
7 – 8pm Evening Bell, Yebul, Great
Compassion Dharani 3x, Kido, Meditation

Wednesday

6:30 – 7pm meditation
7pm Evening Bell & Yebul,
meditation, interviews, Song of Meditation
8:40 – 9pm Work Practice

Thursday

Introductory meditation course or Monday
schedule

Friday

6:30 – 7pm optional meditation
practice
7 – 7:20pm, Evening Bell, Yebul & Heart
Sutra

Saturday

6:30 – 7pm optional meditation
7 – 7:20pm, Evening Bell, Yebul & Heart

Sunday

4pm Dharma Service
6pm Volunteer Work Practice

Other Evening Programs

Tuesday

Yoga I 6 – 7:30pm
Yoga II 6:30 – 8pm

Thursday

Yoga II 6:30 – 8pm
(March – December)

*“Seated in the cave of the heart, find freedom”
The Dhammapada*

www.zenbuddhisttemple.org

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