

Temple Basic Practice Schedule

Usual morning practice

Breakfast and Cleanup

8:15 – 9:15 Rest, walk, study, art, work, laundry, room cleaning, etc

9:15 – 9:45am Study

9:45 – 11:45 Work practice

11:45 – noon or 12:15 Meditation

12:15 – 1pm Lunch preparation

1pm Lunch and clean up

2 – 3pm Rest, walk, study, art, work, laundry, room cleaning, etc.

3 – 5:30 pm Work practice

5:30 – 6:30pm Snack & _____

6:30pm Evening Practice/yoga/meditation course

After evening practice: Dharma student or dharma worker practice, keeping journal, prep. for breakfast, make yogourt, reading, study, go to bed early

Each student will also have mornings/afternoons/days off regularly as well as outings together eg visits to temples and farms, markets, museums, art exhibitions (depending what's available)

Sunday evenings will usually be film night: exploring some theme in the dharma.