

Daily Schedules

for Farm Apprentices

Monday - Thursday

5:00am	Zazen (sitting meditation)
5:40	Kinhin (walking meditation)
5:50	Zazen
6:30	Morning Service
7:00	Soji (temple cleaning)
7:20	Breakfast
8:30	Work Meeting/Work
12:30pm	Lunch
1:30	Work
4:15	End Work
5:15	Zazen (except Thursday)
5:50	Evening Service (except Thurs)
6:00	Dinner

Classes are 7:30-9 pm on Mon & Tue
Dharma Talks are 7:15-8:30 on Wed

Friday when harvesting for market

6:30am	Harvest
7:45	Breakfast
8:45	Work
Noon	Bag Lunch
3:00	End Work

Saturday

Day off or Farmer's Market

Sunday

5:50am	Zazen
6:30	Service
7:00	Soji
7:20	Breakfast
10:15	Lecture
11:30	Question & Answer (optional)

Class is also offered Sunday 8-9:15am

In addition to the daily schedule, students attend **Dharma talks** on Sunday mornings and Wednesday evenings and take **one class** which meets once per week for six week periods.

There are two **interim periods** during the growing season when we rise later, sit one period of zazen, and do not have classes and lectures.

Some farm duties start at 6:30am and are rotated among the apprentices and staff.

On Wednesday mornings, beginning at the end of May, in place of the 5:50am period of zazen, we all join in silent **communal work** in the fields.

Apprentices have **one full day off** from the zendo schedule (usually Saturday) and may come to the second period of zazen, service, and soji on the other day off.

One Sunday per month two apprentices will help with **Sunday Sales** before and after lecture. Set-up starts at 9am and sales usually end 30 minutes after lecture, followed by clean-up.