

GREEN DRAGON TEMPLE  
AUTUMN 2022 PRACTICE PERIOD

**DAILY SCHEDULE**

**MONDAY, THURSDAY,  
FRIDAY, SATURDAY**

4:35 Wake-up Bell ends  
5:00 ZAZEN  
5:40 Kinhin  
5:50 ZAZEN  
6:30 Morning Service  
7:00 Soji  
7:20 Silent Breakfast  
8:30 Work Meeting  
11:45 End Work  
12:00 Noon Service  
12:15 Lunch  
  
1:00 Work  
2:00 End Work  
4:00 Study  
5:15 ZAZEN  
5:50 Evening Service  
6:00 Dinner

*See Mon. & Thu. and  
Fri. & Sat evening  
schedule*

**MON. & THU.  
EVENING**

7:30 Class on Mon. or  
Dharma Event on  
Thu.  
9:00 Firewatch

**FRI. & SAT.  
EVENING**

7:40 ZAZEN  
8:20 Three Refuges  
9:00 Firewatch

**TUESDAY**

4:35 Wake-up Bell ends  
5:00 ZAZEN  
5:40 Kinhin  
5:50 ZAZEN  
6:30 Morning Service  
7:00 Oryoki Breakfast  
7:50 Soji/Dishes  
8:10 Room Cleaning  
Break  
9:35 ZAZEN  
10:10 Kinhin  
10:20 ZAZEN  
10:55 Kinhin  
11:05 ZAZEN  
11:35 End Zazen  
11:40 Nenju Ceremony  
12:15 Lunch  
  
*Personal Time*  
  
6:00 Dinner  
9:00 Firewatch

**WEDNESDAY**

7:45 Breakfast  
Or Open Kitchen  
  
12:15 Lunch  
Or Open Kitchen  
  
*Personal Time*  
  
6:00 Dinner  
7:40 ZAZEN  
8:20 Three Refuges  
9:00 Firewatch

**SUNDAY**

4:35 Wake-up Bell ends  
5:00 Zazen  
5:35 Kinhin  
5:45 Zazen  
6:20 Short Service  
6:40 Soji  
7:00 Breakfast  
7:35 Class  
8:35 End Class  
8:45 Work  
10:15 Dharma Talk in  
Zendo  
11:00 Q&A Schedule *or*  
Work Schedule (see  
crew head for your  
assignment)  
12:00 No Noon Service  
12:15 Lunch

*Regular afternoon  
schedule*