

**ZENSHINJI**  
**WINTER 2023 PRACTICE PERIOD**  
**DAILY SCHEDULE**

4:30 Wake-up bell  
 5:00 Zazen  
 5:40 Kinhin  
 5:50 Zazen  
 6:30 Morning Service  
 7:05 Breakfast  
 8:15 Study  
 9:00 Soji  
 (or 9:10 Dharma event)  
 9:50 Zazen  
 10:30 Kinhin  
 10:40 Zazen  
 11:20 Noon Service  
 11:30 Lunch  
 1:15pm Work meeting  
 3:45 Sr. Dharma Teacher  
       bath time  
 4:15 End work/student bath  
       and exercise  
 5:50 Evening Service  
 6:00 Dinner  
 7:45 Zazen  
 8:25 Three Refuges

**Regularly scheduled day  
 before a personal day**

1:15 Work meeting  
 3:30 End work/  
       room cleaning time  
 4:00 Bath and exercise  
 5:25 Nenju  
 6:00 Dinner

Evening schedule is the  
 same as a regular day

## **WORK DAYS**

4:50 Wake-up bell  
5:20 Zazen  
6:00 Morning Service  
6:35 Breakfast  
7:45 Study (in work  
clothes)  
8:30 Work meeting  
12:00 Lunch (dining room)  
1:00 Work meeting  
3:30 End work/Room  
cleaning  
4:00 Bath and exercise  
5:20 Nenju  
6:10 Dinner  
7:45 Zazen

## **PERSONAL DAYS**

4:50 Wake-up bell  
5:20 Zazen  
6:00 Morning Service  
6:35 Breakfast  
(or 6:50 Dining room  
breakfast)  
7:30 Bag lunch (silent in the  
kitchen)  
5:30 Evening Service  
5:40 Dinner  
(or 5:50 Dining room  
dinner)  
7:30 - 8:30 Dharma event  
(or 7:45 - 8:25 Zazen)