

Crestone Mountain Zen Center

27th Practice Period 2021

Mornings 1/6, 3/8

4:00 Wake-up Bell
4:15 Han
4:30 Zazen
5:20 Kinhin
5:30 Zazen
6:10 Service
6:45 Breakfast
7:20 Work Drum
7:30 Work Meeting / Work
10:00 End Work
10:15 Han
10:30 Zazen
11:00 Service
11:30 Lunch
12:10 Break

Work Afternoon 0/5, 2/7

1:00 Work Drum
1:10 Work Meeting
3:30 Exercise Period

Seminar Afternoon 1/6

1:00 Zazen (Kannon-do)
1:30 Tea
1:40 Seminar
3:30 Exercise Period

Evening 0/5, 1/6, 2/7

5:15 Densho Bell
5:30 Service (Kannon-do)
5:35 Supper
6:00 Study
7:15 End Study
7:30 Han
7:45 Zazen
8:15 Interval
8:20 Zazen
8:50 End Zazen
9:00 Night Bell

Teisho Mornings 0/5, 2/7

4:00- *Standard Morning Schedule*
7:50 Han
8:05 Zazen
8:35 Teisho Drum
8:45 Densho
9:00 Teisho
9:55 End Teisho
10:15- *Mid-day Zazen Schedule*

Online Mornings 0/5, 2/7

4:00- *Standard Morning Schedule*
7:45 Zazen (Kannon-do)
8:00 Lecture / Discussion (Online)
9:00 Work Meeting / Work
10:00 End Work
10:15- *Mid-day Zazen Schedule*

Nenju 3/8

1:00 Work Drum
1:10 Work Meeting / Work
3:30 Tea (Atrium)
4:00 Room Cleaning / Bath
5:30 Nenju Han
5:45 Nenju Ceremony
6:00 Evening Service
6:30 Supper
7:00 Lazy Eve
10:30 Lights Out

Shikunichi 4/9

5:30 Wake-up Bell
5:45 Han
6:00 Zazen
6:45 Service
8:00 Breakfast
8:45 Clean-up
6:00 Service (Kannon-do)
6:05 Supper
7:30- *Evening Zazen Schedule*

House Meetings: 10th & 25th of every month