

## Basic monastic weekly routine

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04:00 am	Get up	Get up	Get up	Get up	Get up	Get up	Get up
04.30 - 05.15 am	Zazen	Zazen	Zazen	Zazen	Zazen	Zazen	Zazen
05.30 - 06.15 am	Zazen	Zazen	Zazen	Zazen	Zazen	Zazen	Zazen
06:15 - 06:55 am	Recitation	Recitation	Recitation	Recitation	Recitation	Recitation	Recitation
07.00 - 07.25 am	Soji	Soji	Soji	Soji	Soji	Soji	Soji
07.25 - 07.50 am	Physical exercise	Physical exercise	Physical exercise	Physical exercise	Physical exercise	Physical exercise	Physical exercise
07:50 am	Breakfast / Meeting	Breakfast / Meeting	Breakfast / Meeting	Breakfast / Meeting	Breakfast / Meeting	Breakfast / Meeting	Breakfast / Meeting
09.00 - 12.00 am	SAMU	SAMU	SAMU	SAMU	SAMU	SAMU	SAMU
12.00 am	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break
14.45 - 17.30 pm	SAMU	SAMU	SAMU	SAMU	SAMU Jin Shin Jyutsu	SAMU	SAMU
17.30 pm	Supper	Supper	Supper	Supper	Supper	Supper	Supper
19.00 - 19.45 pm	Zazen	Dharma-Gesprächsrunde	19.00 - 20.15 Open meditation	Studies	Zazen	Zazen	Zazen
22.00 pm	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep

Other elements of practice (for instance the tea ceremony) or more Zazen time are incorporated into the current weekly and monthly plan.