

# **Zendo Daily Schedule**

**(During Personal Retreat Periods)**

**The zendo is open 24 hours.**

**Please maintain silence at all times except during designated meetings.**

**Dan or Tanya will be attending most of the scheduled sits in the zendo - but not always. We will try to give advance notice if we are unable to attend. The facilitators are available after the sits to discuss the practice (if required).**

6:00am-8:00am - Scheduled Sit

8:00am-10:30am Free time

10:30am-12:30pm - Scheduled Sit

12:30pm-7:00pm Free time

7:00pm-9:00pm - Scheduled Sit

**Any messages for Dan or Tanya can be written on the whiteboard in the dining room, or written on paper and left on the dining room door using a magnet. If necessary, we will leave messages for participants in these same places.**