



Daily Schedule

Mornings

4:40 Chant

5:30 Sit (Interviews)

6:30 Move

7:35 Eat

8:15 Clean

Responsibility Weeks

8:30 Work

1:05 Eat

1:45 Clean

2:30 Work (Flexible Half Hour)

3:00 Free

5:30 Awakening/Responsibility

7:00 Sit

7:30 Sit (Interviews)

8:30 Chant

Awakening Weeks

8:45 Sit

9:30 Dragon Guided Meditation + Q&A

10:30 Phoenix Guided Meditation + Q&A

11:30 Sit

12:00 Optional Walk

12:30 Sit

1:05 Eat

1:45 Clean

2:30 Self-Practice

4:30 Sit

5:00 Sit

5:30 Optional Walk

6:00 Sit

6:30 Dragon Exhortation

7:00 Phoenix Optional Walk

7:30 Phoenix Exhortation

8:30 Sit (Interviews)

9:30 Chant