



DAILY SCHEDULE, AUTUMN 2020

September 3 – October 31

MONDAY:

6:30-8AM MEDITATION
8:00 BREAKFAST
7-7:45PM CHANTING MEDITATION

TUESDAY:

7AM YEBUL (GEROD)
8:00 BREAKFAST
9:30-3:30 DHARMA WORK DAY
12:30 LUNCH
7-8:15 MEDITATION WITH MYUNGJU

WEDNESDAY:

6:30-8AM MEDITATION
8:00 BREAKFAST
8:30 TEA WITH ABBOT
7 – 9 MEDITATION WITH ABBOT

THURSDAY

7:00 YEBUL (NAMI)
8:00 BREAKFAST
7-8:15PM MEDITATION WITH MYUNGJU

FRIDAY

6:30-8AM MEDITATION
8:00 BREAKFAST
9:30-3:30 DHARMA WORK DAY
12:30 LUNCH
7PM YEBUL (ANSHIM)

SATURDAY

7AM YEBUL (MYUNGJU)
9:30-3:30PM DHARMA WORK DAY
7-7:15 YEBUL (SOJONG)

*SUNDAY:

7AM YEBUL (DANIEL)
9-10:30 MEDITATION AT ELMWOOD
7PM YEBUL (SOJONG)

RETREAT:

OCTOBER 1, 7PM – OCTOBER 4, 1PM