

## Bright Way Zen Practice Schedule - Alaska

*\*Based on Daylight Savings Time (2nd Sunday March - 2nd Sunday November)*

<b>Tuesday Evening Practice</b>	
Zendo & Zoom Open for arrival	5:45 PM
Recitation of a Zen Teaching	6:00 PM
Zazen (seated meditation)	6:15 PM
Social Break (Cloud Zendo Sangha will be invited to breakout rooms to visit with Sangha members)	6:45 PM
Class	7:00 PM
Ends	8:00 PM

<b>Saturday Practice</b>	
Go ahead and login early	7:20 AM
Zazen (seated meditation)	7:30 AM
Posture Adjustment Bell (feel free to move)	7:55 AM
End Zaen (two bells), followed by chanting Four Bodhisattva Vows	8:20 AM
Informal Sangha Discussion	8:30 AM
End	9:30 AM

<b>Sunday Practice</b>	
Zendo & Zoom Open for arrival	8:15 AM
Chanting Service (Zoom participants: please keep yourself muted during chanting)	8:30 AM
Zazen (seated meditation)	9:00 AM
Kinhin (slow walking meditation)	9:25 AM
Zazen (seated meditation)	9:35 AM
Social Break (Cloud Zendo Sangha will be invited to breakout rooms to visit with Sangha members)	10:00 AM
Dharma Talk or Class followed by Q&A	10:15 AM
End	11:15 AM