

Bright Way Zen Practice Schedule - Mountain Time Zone

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

Tuesday Evening Practice	
Zendo & Zoom Open for arrival	7:45 PM
Recitation of a Zen Teaching	8:00 PM
Zazen (seated meditation)	8:15 PM
Social Break (Cloud Zendo Sangha will be invited to breakout rooms to visit with Sangha members)	8:45 PM
Class	9:00 PM
Ends	10:00 PM

Saturday Practice	
Go ahead and login early	9:20 AM
Zazen (seated meditation)	9:30 AM
Posture Adjustment Bell (feel free to move)	9:55 AM
End Zaen (two bells), followed by chanting Four Bodhisattva Vows	10:20 AM
Informal Sangha Discussion	10:30 AM
End	11:30 AM

Sunday Practice	
Zendo & Zoom Open for arrival	10:15 AM
Chanting Service (Zoom participants: please keep yourself muted during chanting)	10:30 AM
Zazen (seated meditation)	11:00 AM
Kinhin (slow walking meditation)	11:25 AM
Zazen (seated meditation)	11:35 AM
Social Break (Cloud Zendo Sangha will be invited to breakout rooms to visit with Sangha members)	12:00 PM
Dharma Talk or Class followed by Q&A	12:15 PM
End	1:15 PM