

# EXAMPLE DAILY RESIDENT SCHEDULE

## TUESDAY-SATURDAY

(Functional silence 9:45 PM-11:00 AM)

- 7:00 – 7:30 Group meditation
- 7:30 – 8:00 Self-catered breakfast
- 8:00 – 9:00 Personal time
- 9:00 – 11:00 Meditation (NB practice path)

(Mindful speech)

- 11:00 – 1:00 Prepare, eat and clean up after main meal together  
(meal chant, mindful talking)
- 1:00 – 4:00 Mindful activity (PoMA)
- 4:00 – 5:30 Personal study / contemplative time
- 5:30 – 7:00 Flexible time: Study, PoMA, (set up for evening classes/  
practice as needed), supper
- 7:00 – 8:45 Class time 2x's wk / Fri Community Tara Practice
- 8:45 – 9:15 Group meditation, dedications
- 9:45 Silence begins

## SUNDAY

- 7:30 – 8:00 Simple breakfast
- 8:00 – 8:30 Personal time
- 8:30 – 9:30 PoMA – Help prepare for open meditation and community  
lunch (e.g., set out liturgies, help in the kitchen, serve as  
greeters, etc.)
- 9:30 – 11:00 Attend open meditation
- 11:00 – 12:00 Attend Sunday community teaching
- 12:00 – 1:00 Attend sangha community lunch

1:00 – 2:00	PoMA--Residents lead work songs and guide community cleanup of lunch dishes, disposal of rubbish, storage of leftovers, show proper use of dishwasher, etc.
2:00 – 2:30	Personal time
2:30 – 3:30	Resident meeting
3:30 – 5:00	Weekly house chores
5:00 – 6:00	Individual study / contemplative time
6:00 – 7:00	Supper
7:00 – 7:30	Personal time
7:30 – 8:30	Group meditation
8:00 – 9:00	Mindful social time

## **MONDAY**

Monday is a day off, during which the schedule is lifted and residents are free to use their time as they like, within the spirit of spiritual practice and harmonious living. This gives residents a chance to practice on their own schedule. Residents may opt to devote the day to their main practice, without interruptions. Others may wish to do things such as: take care of personal business, contact family, do laundry, art, physical practices such as yoga or tai chi, share informal personal time with other residents, or go for day hikes--all with a sense of mindfulness and kindness.