

5.00	起床	Waking up	12.15	隨坐	Free sitting
5.40	坐禪	Zazen	13.30	作務	Samu
6.20	朝課	Morning chanting	15.00	隨坐	Free sitting
7.30	粥坐	Breakfast	15.55	晚課	Evening chanting
8.00	作務	Samu	16.15	隨坐	Free sitting
8.40	隨坐	Free sitting	17.30	藥石	Dinner
9.30	作務	Samu	18.20	隨坐	Free sitting
10.40	隨坐	Free sitting	19.20	坐禪	Zazen
11.30	斎坐	Lunch	21.00	開枕	Sleeping