

## Bell Ringing Signup

|       |         |  |
|-------|---------|--|
| _____ | * 5:45  | Wake up bell                               |
| _____ | ** 6:08 | Sitting                                    |
| _____ | * 7:00  | Walking                                    |
| _____ | * 7:15  | Sitting                                    |
| _____ | * 8:00  | Breakfast                                  |
| _____ | ** 9:23 | Sitting                                    |
| _____ | * 11:00 | Instructions, Q&A and Guided Meditation    |
| _____ | ** 2:08 | Sitting, Walking or Interview with teacher |
| _____ | * 2:45  | Sitting, Walking or Interview with teacher |
| _____ | * 3:15  | Sitting, Walking or Interview with teacher |
| _____ | * 3:45  | Sitting, Walking or Interview with teacher |
| _____ | * 4:15  | Sitting, Walking or Interview with teacher |
| _____ | * 4:45  | Sitting, Walking or Interview with teacher |
| _____ | * 5:15  | Sitting, Walking or Interview with teacher |
| _____ | * 5:45  | Supper                                     |
| _____ | ** 6:53 | Sitting                                    |
| _____ | * 8:00  | Dharma Talk                                |

(\* indicates bell at given time)

(\*\* indicates bell 7 minutes before start)