

Bell Ringing

Always ring the bell according to the time on this sheet!

- * 5:45 Wake up bell
- ** 6:08 Sitting
- * 7:00 End Sitting, begin Walking
- * 7:15 End Walking, begin Sitting
- ** 9:53 Sitting
- * 11:15 Instructions, Q&A and Guided Meditation
- ** 2:13 Sitting, Walking or Interview with teacher
- * 3:00 Sitting, Walking or Interview with teacher
- * 3:20 Sitting, Walking or Interview with teacher
- * 4:00 Sitting, Walking or Interview with teacher
- * 4:20 Sitting, Walking or Interview with teacher
- * 5:00 Sitting or Interview with teacher
- ** 6:53 Sitting
- * 8:00 Dharma Talk

3:00, 4:00, 5:00 bells are rung in the meditation hall
all other bells are rung inside & outside the main building

(* indicates bell at given time)

(**indicates bell 7 minutes before start)