

Becoming Congruent with Life

Suggested At-Home Practice Schedule

(All times are EDT; bolded sessions are online)

8:00 – 8:30 am	Optional Chanting & Sit
9:45 – 10:45 am	Sit & Instructions
11:00 – 12:00 pm	Group Meeting (mindful walking for those not in group)
12:00 – 1:00 pm	Mindful food preparation & eating
1:00 – 2:00 pm	Mindful walking/exercise
2:00 – 2:45 pm	Sit & Instructions
3:00 – 4:00 pm	Daily Life Practice
4:00 – 4:45 pm	Dharma Reflections
7:00 – 7:45 pm	Chanting & Sit
8:30 – 9:00 pm	Optional Sit