

ZEN MOUNTAIN MONASTERY

One Continuous Thread: Home Practice Intensive

May 24th – May 30th, 2021

All aspects of the schedule that appear in **bold** are available online for **Home Participants** via Livestream unless otherwise specified; Zoom links for teacher meetings will be emailed to no earlier than the evening of Monday, May 24th. All other Zoom and Livestream links are on the One Continuous Thread webpage: <https://zmm.org/one-continuous-thread-may21/>.

Monday

7:00 PM Orientation & Opening Guidelines for Participants (Zoom)

8:10-9:00PM Opening Remarks in the Zendo (Livestream)

Tuesday-Saturday

3:55 AM Wake-up

4:30-6:20 Zazen

6:20-6:40 Morning Service

6:40-7:20 Oryoki Breakfast

8:15-9:40 Caretaking Practice

10:00-12:00 Zazen

10:00-10:30 Optional Chi Kung

12:00-12:15 Noon Service

12:15-1:00 Oryoki Lunch

1:00-2:00 Rest Practice

2:15-2:45 Zazen

2:55-3:55 Dharma Talk (every day except Tuesday)

4:05-5:10 Zazen

5:15-5:30 Evening Service

5:30-6:00 Informal Supper

7:00-9:00 Zazen

Wednesday- Friday: **10:45-11:45 AM** **Participant Meetings with a Teacher (Zoom)**

7:45- 8:45 PM **Participant Meetings with a Teacher (Zoom)**

Saturday: **10:45-11:45 AM** **Participant Meetings with a Teacher (Zoom)**
 7:00- 8:00 PM **Closing Reflections for Home Participants (Zoom)**

Sunday: **9:00 AM- 12:00 PM** **Shuso Hossen Ceremony (livestream.com/mro)**