

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)