Bell Ringer’s Schedule

**Yogi Volunteer Time to Ring**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \* 6:00 Wake-up, Stretch  
 Also wash cup and Serve water for teacher**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \*\* 6:30 Sit**

**7:30 Breakfast**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \*\* 9:00 Sit (Instructions, Q’s & A’s)  
 also serve water for teacher**

**10:00 Walk**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \*\* 10:45 Sit  
 also ring bell at end of the sitting**

**11:30 Walk**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \* 12:00 Lunch, Rest**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \* 1:30 Walk**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \*\* 2:00 Sit  
 also ring bell at end of the sitting**

**2:45 Walk**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \*\* 3:30 Sit (Guided)  
 also serve water for teacher**

**4:30 Walk/Mindful Break**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \* 5:00 Light Meal**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \*\* 6:30 Sit   
 also ring bell at end of the sitting**

**7:10 Walk**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \*\* 7:30 Dharma Talk  
 also Serve water for teacher  
 set-up light and lectern for teacher**

**8:30 Walk/Mindful Break**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \*\* 9:00 Sit, Chanting**

**9:30 Rest, Further Practice**

**\* Bell is rung at this time**

**\*\* Bell is rung 10 minutes before this time**