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**