

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