

BOULDER ZEN CENTER

Wild Dharma Practice

DAILY SCHEDULE

6:00 Wake Up Bell at Dawn
6:20 Zazen
6:50 Walking Meditation
7:00 Zazen
7:30 Morning Chanting

Breakfast
Camp Pack-Up

10:00 Wilderness Travel
First 90 minutes in silence

Lunch on Route

Wilderness Travel
First 90 minutes in silence

Camp Set-Up
Personal Time

6:00 Dinner
7:30 Zazen
8:00 Break
8:15 Dharma Circle