

PST (November*)	PDT* (March**)	Activity
5:30am-6:40am	same	Morning Meditation After a few minutes of chanting, a monk will play a recorded Dhamma talk at the beginning of the one-hour meditation session.
6:40am-8:30am	same	Morning Chores Ask one of the long-term guests what would be helpful. Some suggested chores are sweeping paths, helping to prepare the meal, and pulling weeds.
8:30am-8:45am	same	Alms Round The lay people put rice in the monks' alms bowls outside the dining hall.
8:45am-9:00am	same	The Monks' Meal Food brought or cooked by the laypeople is offered to the monks at the dining hall.
9:00am-9:30am	same	Morning Chanting After offering the meal, the laypeople chant while the monks eat their meal.
9:30am-10:00am	same	The Laypeople's Meal The laypeople have a potluck meal outside the dining hall.
10:00am-11:00am	same	Post-Meal Cleanup Visitors are encouraged to help with the cleanup (e.g. scrape leftover food into the compost bin, wipe down tables and counters, wash and dry dishes, sweep and mop the kitchen, etc.).
11:00am-4:00pm	11:00am-5:00pm	The Afternoon Overnight visitors are free to use this time for sitting or walking meditation, resting, or reading.
4:00pm-4:15pm	5:00pm-5:15pm	Questions & Answers (Q&A) Ajaan Geoff is available on most days to answer questions about the Dhamma and meditation practice.
4:15pm-6:00pm	5:15pm-7:00pm	Afternoon Chores Consult the monks or long-term guests on what would be helpful around the Monastery. If you have special skills, make sure to let the community know.
6:00pm-7:00pm	7:00pm-8:00pm	Break Visitors can take this time to prepare for the evening meditation.
7:00pm-8:20pm	8:00pm-9:20pm	Evening Meditation About 20 minutes of chanting followed by an hour of meditation. Ajaan Geoff usually gives a Dhamma talk during the first 10-20 minutes of the sit.
8:20 PM	9:20 PM	Night Time The rest of the night is free for walking or sitting meditation, study, or resting.

* Pacific Standard Time (begins the first Sunday in November until PDT resumes)

** Pacific Daylight Time (begins the second Sunday in March until PST resumes)