

Example of a day with the Community

05:00	Gong	si...
05:00 - 07:00	Personal practice (if any)	...len...
07:00 - 07:45	Joint practice of Shine	...ce...
07:45 - 08:00	Preparation of breakfast	...until...
08:00 - 08:30	Breakfast	...08:15
08:30 - 08:45	Task sharing meeting	
09:00 - 11:45	«Le-Dren» in silence* (except for the sharing of essential information)	* work in complete presence
12:00 - 12:15	Joint practice of Shine	
12:15 - 13:00	Lunch* and cleaning of tables	* first 15 minutes in silence
13:00 - 16:00	«Le-Dren» in silence* (except for the sharing of essential information)	* different times for those responsible for meals
16:00 - 17:45	Personal break	
17:45 - 19:00	Practice of the Protectors	
19:00 - 19:15	Finishing the preparation of the dinner	heat the soup and set the table
19:15 - 20:00	Dinner* and washing up	* first 15 minutes in silence
20:00 - 20:45	Joint practice of Chenrezig*	* or Amitabha or Milam Lungten
20:45 - 22:00	Personal time	silence from 20:45 until the next day at 08:15
22:00 - 05:00	Overnight rest	