



Solitary Practice Offering

The hut is ready for a day, an overnight or longer stays. You can set up your own schedule or receive a prescribed one.



Meals are optional. You can select breakfast, lunch or dinner served *oryoki* style.



There are now fresh linens, a swept floor and an iron kettle for tea.



Stay overnight or all day or several days

The altar is set for incense and a candle allowing you to practice a gesture of devotion.

You can practice *zazen*, sewing, art work, writing and other forms of devotional gestures.

Fee: Give from your heart.

WE OFFER NO TAX BENEFIT.

WE OFFER THE DHARMA.

WE GRATEFULLY RECEIVE WHAT IS OFFERED.

Spiritual practice help available

Call: 847-332-2577

Contemplative Practice

www.asinglthread.net

Sample Practice Schedule

5:00	Rise & Wash-up
5:30	Tea
6:00	Sitting
6:40	Walking
6:50	Sitting
7:30	Breakfast
8:30	Clean-up Hut
8:45	Rest
9:00	Work period
9:30	Rest
10:00	Study/Art
11:00	Sitting
11:40	Walking
12:10	Sitting
12:50	Lunch
1:30	Rest
2:00-4:00	Study/Work
4:30	Clean-up/Tea
5:30	Dinner
6:30	Sitting
7:00	Walking
7:10	Sitting
7:40	Chanting
8:00	Lights out

