

The Horarium of Normal Time

Time	Event
6.00am	Rise and Shower
6.30am	Morning office and meditation followed by the daily Ritual (if any)
8.00am	Breakfast
	Work Time
12.00 noon	Midday Office
12.30pm	Lunch
2.00pm	Work or Study
5.00pm	Personal time
7.00pm	Evening Office
8.00pm	Free time (rest and recreation)
10.00pm	Night Prayer

The Horarium of a Festival Eve

Time	Event
6.00am	Rise and Shower
6.30am	Morning office and meditation
8.00am	Breakfast
	Work Time
12.00	Midday Office

noon	
12.30pm	Lunch
2.00pm	Work or Study
5.00pm	Personal time
7.00pm	Evening Office
8.00pm	Special Festival Eve Ritual and Celebration Feast

The Horarium of Festive Days

Time	Event
8.00am	Rise and Shower
8.30 am	Breakfast
12.00 noon	Personal Preparation time For meditation
1.00pm	Lunch
3.00pm	Setting of Ritual Space
5.00pm	Personal time Bathing and ritual Prep
8.00pm	Ritual and celebratory feast