



ESS Recitation in English Schedule 9/14-9/19

Time (am)	Sept. 14,15,17,18,19	Sept.16
8:00–8:50	(9/14 & 9/17) Chap. 1.2.3 (9/15 & 9/18) Chap. 5.6.7 (9/19) Chap. 9.10.11.12	8:00–9:00 Chap. 9.10.11.12
8:50–9:05	Break	9:00–9:15 Break
9:05–9:30	(9/14 & 9/17) Chap. 4 (9/15 & 9/18) Chap. 8 (9/19) Chap. 13	9:15–9:30 Chap. 13
9:30–9:55	Mantra. Praise Sitting/silence recitation (with flexibility)	Mantra. Praise Recitation (if time allows)
9:55–10:00	Transference	Announce Universal Bowling at 9:40