

One-Day Sitting Schedule

One-Day Sitting Schedule Saturday Sample Schedule

5:00	Wake-up bell	12:55	Break
5:25	Han	1:45	Han
5:40	Zazen	2:00	Zazen
6:20	Kinhin	2:35	Kinhin
6:30	Zazen	2:45	Zazen
7:00	Short Service (<i>zendo</i>)	3:20	Tea (<i>dining room</i>)
7:15	<i>Soji</i>	3:40	Open Kinhin
7:30	Breakfast (<i>zendo</i>)	3:55	Zazen
8:40	Break	4:30	Kinhin
9:10	Han	4:40	Zazen
9:25	Zazen	5:10	Kinhin
10:00	Densho begins	5:20	Zazen
10:15	Dharma Talk (<i>Buddha Hall</i>)	5:50	Service (<i>zendo</i>)w/closing words
11:05	Open Kinhin	6:00	Dinner (<i>dining room</i>)
~11:20	Zazen		
11:55	Noon Service (<i>zendo</i>)		
12:05	Lunch (<i>dining room</i>)		