



SAN FRANCISCO ZEN CENTER

SITTING IN STILLNESS – JANUARY 24, 2026

SCHEDULE

- 8:25 Han**
- 8:40 Zazen (30min)**
- 9:10 Kinhin**
- 9:25 Zazen (open to public)**
- 10:00 Densho begins**
- 10:15 Dharma talk (Buddha Hall)**
- 11:15 Open Kinhin (approximate time)**
- 11:25 Zazen (30min)**
- 11:55 Service (Zendo)**
- 12:05 Oryoki Lunch (Zendo)**
- 1:00 Break**
- 2:00 Han begins**
- 2:15 Zazen (30min)**
- 2:45 Kinhin**
- 2:55 Zazen (30min)**
- 3:25 Tea (Zendo)**
- 3:45 Kinhin**
- 3:55 Zazen (30min)**
- 4:25 Kinhin**
- 4:35 Zazen (30min)**
- 5:05 Kinhin**
- 5:15 Zazen (30min)**
- 5:45 Evening Service and closing words**
- 6:00 Dinner (Dining Room)**