

Green Gulch Farm
 GREEN DRAGON TEMPLE
Three Day Sesshin
**(Thursday, Friday, &
 Saturday Schedule)**

4:25	Wake-up Bell	2:00	First Bell
4:50	First Bell	2:10	SITTING
5:00	ZAZEN	2:45	Walking
5:40	Walking	2:55	SITTING
5:50	SITTING	3:30	Outdoor Walking
6:30	Morning Service	4:00	Rest
7:00	Soji	4:20	First Bell
7:20	SILENT BREAKFAST in Dining Room	4:30	SITTING
8:00	Rest	5:05	Walking
9:05	First Bell	5:15	SITTING
9:15	SITTING	5:50	Evening Service
9:50	Set up for Talk	6:00	SILENT DINNER in Dining Room
10:00	DHARMA TALK	6:30	Rest
~11:15	Fast Walking	7:20	First Bell
	SITTING	7:30	SITTING
12:00	Noon Service	8:00	Walking
12:15	SILENT LUNCH in Dining Room	8:10	SITTING
12:45	Rest	8:40	REFUGES

- At 11 minutes prior to Zazen, the Han will be struck twice, followed by 2 strikes on the Bonsho. This means: "COME TO THE ZENDO NOW."
- At 6 minutes prior to Zazen, the Han is struck once. Please be in the Zendo within the next minute.
- At 5 minutes prior to Zazen, the doors are closed and the Densho is struck once. If late, please wait outside Zendo doors until the Doshi offers incense and the Tenken lets you in.

**PLEASE BE IN THE ZENDO AT LEAST 5 MINUTES PRIOR TO THE
 SCHEDULED TIME FOR ZAZEN**