

GREEN GULCH FARM
GREEN DRAGON TEMPLE
ONE-DAY SITTING

8:50	First Bell	2:10	Sitting
9:00	Sitting	2:45	Walking
9:30	Walking	2:55	Sitting
9:40	Zazen	3:30	Outdoor Walking
10:00	Walking	4:00	Rest
10:10	Dharma Talk	4:20	First Bell
TBA	Sitting (<i>Times vary</i>)	4:30	Sitting
12:15 _{pm}	Midday Service	5:05	Walking
12:30	Silent Dining Room Lunch	5:15	Sitting
1:00	Rest	5:50	Evening Service
2:00	First Bell	6:00	Dinner in the dining room

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

If you arrive late, please wait outside zendo doors
until the tenken lets you in.

At 11 minutes prior to sitting, the han is struck twice, followed by
2 strikes on the bonsho. This means: "COME TO THE ZENDO NOW."

At 6 minutes prior to sitting, the han is struck once.

Please be in the zendo within the next minute.

