

**GREEN GULCH FARM**  
**GREEN DRAGON TEMPLE**  
**ONE-DAY SITTING**

8:50	First Bell	2:00	First Bell
9:00	Sitting	2:10	Sitting
9:30	Walking	2:45	Walking
9:40	Zazen	2:55	Sitting
10:00	Walking	3:30	Outdoor Walking
10:10	Dharma Talk	4:00	Rest
TBA	Sitting ( <i>Times vary</i> )	4:20	First Bell
12:15 <sub>pm</sub>	Midday Service	4:30	Sitting
12:30	Silent Dining Room Lunch	5:00	Closing
1:00	Rest		

**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.

