

ONLINE
One-Day Sitting Schedule

All times are PST

5:20 am	Wake-up bell
5:50	Zazen
6:20	Kinhin
6:30	Zazen
7:00	Morning Service: Well-Being Ceremony
7:20	<i>Soji (for CC Residents)</i>
7:40	Breakfast & Break
8:10	<i>Zazen Instruction (Optional in Online Zendo)</i>
9:25	Zazen
10:05	Densho begins
10:15	Dharma Talk (<i>No Q&A</i>)
11:15	Kinhin
11:30	Zazen (Time TBC)
12:10 pm	Service - Heart Sutra
12:20	Lunch & Break
1:45	Work Period (<i>for CC residents in Work Circle Room</i>)
2:30	End Work (<i>for CC residents</i>)
2:55	Zazen
3:30	Kinhin
3:40	Zazen
4:15	Kinhin
4:25	Zazen
5:00	Kinhin
5:10	Zazen
5:45	Service - <u>Lovingkindness Meditation</u>
6:00	<i>Dinner for City Center Residents</i>