

One Day Sitting Schedule

5:15	Wake-up Bell Ends
5:25	Han
5:40	Zazen (25m)
6:03	Interval (7m)
6:10	Zazen(30m)
6:50	Morning Service in Buddha Hall
7:15	Soji (<i>brief temple cleaning</i>)
7:30	Formal Breakfast in Dining Room (chanting in kitchen, silent meal, visitors eat in courtyard)
8:00	Break (visitors can rest in Art Lounge, Buddha Hall, and Courtyard)
9:10	Han
9:25	Zazen (40m)
10:05	Densho begins
10:15	Dharma Talk in the Buddha Hall (Hybrid)
~11:00	Open Kinhin
~11:15	Zazen (~30 min)
11:45	Kinhin
11:55	Zazen (25 min)
12:20	Noon Service
12:30	Silent Lunch (same as breakfast, chanting in kitchen, silent meal, visitors eat in the courtyard)
1:00	Rest(visitors can rest in Art Lounge, Buddha Hall, and Courtyard)
1:45	Han
2:00	Zazen (30m)
2:30	Kinhin
2:40	Zazen (30m)
3:10	Kinhin
3:20	Zazen (30 min)
3:50	Tea (informal in dining room)
4:20	Zazen (30 min)
4:50	Kinhin
5:00	Zazen (30 min)
5:30	Kinhin
5:40	Zazen (30 min)
6:10	Evening Service
6:30	Dinner (everybody eats in the courtyard welcoming dinner)