

Beginners' Half-Day Sitting Schedule

Sunday 9:00 AM –1:00 PM

- 9:00 Opening Circle / Buddha Hall
- 9:20 Zazen Instructions
- 9:50 Zazen with posture suggestions
(20 minutes)
- 10:15 Introduction to Zendo Forms / Zendo
- 10:40 Zazen / Zendo (20 minutes)
- 11:00 Kinhin Instruction / Kinhin
- 11:10 Zazen / Zendo (30 minutes)
- 11:40 Tea & Cookies / Courtyard
- 11:55 Short Talk – Q & A / Buddha Hall
- 12:20 Zazen / Buddha Hall (20 minutes)
- 12:40 Closing Circle
- 12:55 Refuges