

Online One-Day Sitting Schedule

Sample Saturday Schedule

5:40	Han
5:50	Zazen
6:15	Interval
6:20	Zazen
6:50	Morning Service
7:00	Orientation
7:30	Breakfast/Break
9:10	Han
9:25	Zazen
10:05	Densho begins
10:15	Dharma Talk in Online Zendo
~11:00	Open Kinhin
~11:20	Zazen (<i>with interval</i>)
12:15	Noon Service
12:25	Lunch break
2:00	Han
2:15	Zazen
2:55	Kinhin
3:05	Zazen
3:45	Tea and Group Practice Discussion
4:25	Zazen
5:05	Kinhin
5:15	Zazen
5:50	Evening Service
	Closing Words
6:00	End of Day

All times are PST