



SAN FRANCISCO ZEN CENTER

THREE-DAY SITTING IN STILLNESS

February 19–21, 2026

SCHEDULE

Day 1 & Day 2

6:15	Han	3:10	Tea (Zendo)
6:30	Zazen (30min)	3:30	Kinhin
7:00	Service (Buddha Hall)	3:40	Zazen (30min)
7:20	Soji	4:10	Kinhin
7:40	Oryoki Breakfast (Zendo)	4:20	Zazen (30min)
8:40	Break	4:50	Kinhin
9:10:	Han	5:00	Zazen (30min)
9:25	Zazen	5:30	Kinhin
10:00	Densho begins	5:40	Zazen (35min) ***
10:15	Dharma talk (Buddha Hall)	6:15	Service
11:15	Open Kinhin (approximate time)	6:30	Silent Dinner (Dining Room)
11:25	Zazen (30min)	7:05	Break
11:55	Service (Zendo)	7:35	Han
12:05	Oryoki Lunch (Zendo)	7:50	Zazen (30min)
1:00	Break	8:20	Refuges
2:15	Work mtg	8:30	End of Day
3:00	End work		

Day 3

(schedule also of the one-day sit)

6:15	Han	2:00	Han begins
6:30	Zazen (30min)	2:15	Zazen (25min)
7:00	Service (Buddha Hall)	2:40	Kinhin
7:20	Soji	2:50	Zazen (30min)
7:40	Oryoki Breakfast (Zendo)	3:20	Tea (Zendo)
8:40	Break	3:40	Kinhin
9:10:	Han	3:50	Zazen (30min)
9:25	Zazen	4:20	Kinhin
10:00	Densho begins	4:30	Zazen (30min)
10:15	Dharma talk (Buddha Hall)	5:00	Kinhin
11:15	Open Kinhin (approximate time)	5:10	Zazen (30min)
11:25	Zazen (30min)	5:40	Evening Service (Zendo)
11:55	Service (Zendo)	5:50	Closing Words
12:05	Oryoki Lunch (Zendo)	6:00	Dinner (Dining Room)
1:00	Break		