

ONLINE
2020 Spring Practice Period

One-day sitting schedule for Saturday, June 6

5:50 Zazen
6:20 Kinhin
6:30 Zazen
7:00 Morning Service: Well-Being Ceremony
7:20 Soji
7:40 Breakfast & Break

9:25 Zazen
10:05 Densho begins
10:15 Dharma Talk
11:15 Kinhin
11:30 Zazen
12:10 Service - Heart Sutra
12:20 Lunch & Break

1:30 Zazen
2:00 Kinhin
2:10 Sesshin Q&A
3:00 Kinhin
3:10 Zazen
3:40 Rest/Exercise/Tea

5:00 Zazen
5:30 Kinhin
5:40 Zazen
6:10 Service - Metta Sutta
6:20 Practice Period Closing
6:30 *Dinner for Residents*