One-Day Sitting Schedule

5:00	Wake-up bell
5:25	Han
5:40	Zazen
6:20	Kinhin
6:30	Zazen
7:00	Short Service *(zendo)*
7:15	*Soji*
7:30	Breakfast *(zendo)*
8:40	Break
9:10	Han
9:25	Zazen
10:00	Densho begins
10:15	Dharma Talk *(Buddha Hall)*
11:05	Open Kinhin
~11:20	Zazen
11:55	Noon Service (*zendo*)
12:05	Lunch (*dining room*)
12:55	Break
1:45	Han
2:00	Zazen
2:35	Kinhin
2:45	Zazen
3:20	Tea (*dining room*)
3:40	Open Kinhin
3:55	Zazen
4:30	Kinhin
4:40	Zazen
5:10	Kinhin
5:20	Zazen
5:50	Service *(zendo)w/closing words*
6:00	Dinner *(dining room)*