

One-Day Sitting Schedule

Saturday Sample Schedule – subject to change

6:20am Han

6:30am Zazen

7:00am Morning Service

7:20 Breakfast and Break (*off line*)

9:15 Han

9:25 Zazen

10:05 Densho begins

10:15 Dharma Talk (*No Q&A*)

~11:00 Open Kinhin

~11:20 Zazen (*with interval*)

12:15pm Service

12:25 Lunch and Break (*off line*)

2:05 Han

2:15 Zazen

2:45 Kinhin

2:55 Zazen

3:30 Kinhin

3:40 Zazen

4:10 Kinhin

4:20 Zazen

4:55 Service

Closing words

5:00 End of Day