

Green Gulch Farm

GREEN DRAGON TEMPLE

1-DAY SITTING

4:35	Wake-up Bell ends	2:00	1st Bell
4:50	1st Bell	2:10	SITTING
5:00	SITTING	2:40	Walking
5:40	Walking	2:50	SITTING
5:50	SITTING	3:20	TEA
6:30	Morning Service	3:45	Rest
7:00	Soji (temple cleaning)		
7:20	BREAKFAST	4:00	1st Bell
8:15	Rest	4:10	SITTING
		4:35	Walking
9:00	1st Bell	4:45	SITTING
9:10	SITTING	5:10	Walking
9:50	Set up for Talk	5:20	SITTING
10:00	DHARMA TALK	5:50	Evening Service
	Walking/Sitting	6:00	End of Day
	<i>Times vary after Dharma Talk</i>		
12:00	Noon Service		
12:15	LUNCH		
1:10	Rest		

- At **11** minutes prior to sitting, the han is struck twice, followed by 2 strikes on the bonsho. This means: **“COME TO THE ZENDO NOW.”**
- At **6** minutes prior to sitting, the han is struck once. Please be in the zendo within the next minute.
- At **5** minutes prior to sitting, the doors are closed and the densho is struck once. If late, please wait outside the doors until the doshi offers incense and the tenken lets you in.

**PLEASE BE IN THE ZENDO AT LEAST 5 MINUTES PRIOR TO THE SCHEDULED
TIME FOR SITTING**