

One-day Sitting Schedule City Center

5:10	Wake-up Bell	2:50	Work ends
5:25	Han begins	2:55	Tea (Dining Room)
5:40	Zazen	3:15	Han begins
6:20	Kinhin	3:30	Zazen
6:30	Zazen	4:10	Kinhin
7:05	Service (Buddha Hall)	4:20	Zazen
7:35	Soji	5:00	Kinhin
7:50	Breakfast (Zendo)	5:10	Zazen
8:40	Break	5:50	Service (Zendo)
9:10	Han begins	6:00	Dinner
9:25	Zazen		
10:00	Densho begins	Sitting may go into the evening:	
10:15	Lecture (Buddha Hall)	6:40	Break
11:15	Kinhin	7:25	Han begins
11:30	Zazen	7:40	Zazen
12:00	Service (Zendo)	8:15	Kinhin
12:10	Lunch (Zendo)	8:25	Zazen
1:00	Break	8:55	Refuges
1:50	Work Meeting (Courtyard)	9:00	End of Day