

ONE-DAY SITTING SCHEDULE

On Site & Online

FRIDAY EVENING

6:00 pm	Informal dinner
6:40	Oryoki Instruction (onsite participants only)
7:30	Zazen (7:15 Bell)
8:10	Kinhin
8:20	Zazen
8:55	Four Vows
9:00	Sleep

SATURDAY

4:45 am	Wake Up (15 min. bell)
5:00	Zazen (meditation)
5:40	Kinhin (10 min. slow walking meditation)
5:50	Zazen
6:30	<i>Service, chanting</i> (Heart Sutra, Intimacy of Relative & Absolute, Great Compassionate Dharani)
6:50	Oryoki morning meal (on site) / silent meal at home (online)
8:30	Work practice (8:23 han, wood sound, onsite participants meet outside)
10:00	Clean-up (9:53 wood sound)
10:30	Zazen (10:23 bell)
11:10	Kinhin
11:20	Zazen
12:00 pm	Kinhin
12:10	Zazen
12:50	<i>Service, chanting</i> (Great Light Dharani)
1:00	Oryoki noon meal (on site) / silent meal at home (online) - short rest (25 min.)
2:30	Zazen (2:23 bell)
3:00	Kinhin
3:10	Zazen
3:40	Kinhin
3:50	Zazen
4:20	Four Vows
4:25	Closing circle ceremony (onsite & online participants together)
5:00	Tea & cookies in Sangha House (onsite participants only)