

ALL DAY SITTING

8:00 – 8:15	Orientation
8:15 – 8:25	Start-up kinhin
8:30 – 10:20	Zazen
10:20 – 10:55	Work period
10:55	Bell ending work period
11:00	Five minute bell
11:05 – 1:00	Zazen and Dharma talk
1:00	Lunch
1:30 – 1:50	Rest period
1:50	Bell ending rest period
1:55	Five minute bell
2:00 – 4:00	Zazen and Daisan