

CHANTING AND ZENDO PRACTICE INSTRUCTION  
SATURDAY JULY 15th

All are welcome to attend. No previous experience with Zen chanting or Zen rituals required.

9:00-9:40: Chant leading Practice and Instruction — For those who want to learn how to lead chanting and play the instruments.

9:40-10:00: The Han and the Inkin— Timing Basics

10:00-10:35: Round of Sitting (with morning verse) \*\*People who only want instruction on participation in Zen ritual more so than on leading them should plan to join at this time.

10:35-10:50: Instruction on Chanting Services (setting up, the altar, posture for chanting, prostrations, when to come in, etc.)

10:50-11:05: Chanting Service

11:05-11:40: Round of Sitting

11:40-12:00: Odds and Ends Discussion: Figures, altars, offerings, rakusus, Japanese words, etc.

12:00-12:15: Short round of sitting

12:15-1:00: Semi-Formal Meal with Q&A – bring your own vegetarian lunch; the Clear Water Zen Center will provide soup, juice and tea.

\*This schedule is subject to some adjustments by Jamie Friedrich