

WEEKEND WITH ROSHI LAWSON

SATURDAY

9:30 – 9:40 Orientation
9:40 – 11:45 Zazen and Dokusan
11:45 – 12:00 Rest Period and Snack (provided by the Center)
12:00 Bell ending Rest Period
12:05 5 Minute Bell
12:10 – 1:25 Zazen and Teisho
1:25 – 1:35 Short Break
1:35 Bell ending Break
1:40 5 Minute Bell
1:45 – 3:10 Zazen and Dokusan
3:10 – 3:45 Circle
3:45 Pot Luck meal

SUNDAY

9:30 – 11:05 Zazen and Teisho
11:05 – 11:25 Chanting
11:25 – 11:45 Rest Period and Snack (provided by the Center)
11:45 Bell ending the Rest Period
11:50 5 Minute Bell
11:55 – 2:00 Zazen and Dokusan
2:00 Closing Remarks

These schedules are subject to some adjustments by Roshi Lawson