

SPECIAL ALL DAY SITTING

9:30 – 9:40 ORIENTATION

9:40 – 11:00 ZAZEN

11:00 - 11:30 WORK PERIOD

11:30 BELL ENDING WORK PERIOD

11:35 FIVE MINUTE BELL

11:40 – 12:50 ZAZEN AND DHARMA TALK

12:50 – 1:20 LUNCH AND REST PERIOD

1:20 BELL ENDING REST PERIOD

1:25 FIVE MINUTE BELL

1:30 – 1:50 CHANTING

1:50 – 2:00 KINHIN

2:00 – 4:00 DAISAN

4:30 POTLUCK DINNER