

## **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

## **GUIDELINES FOR ALL DAY SITTING**

- We try hard to start on time – please arrive a few minutes before the starting time of 8:00am.
- If you want to participate part time, please contact Ken Rosen, at [clearwaterzen@gmail.com](mailto:clearwaterzen@gmail.com), and we will set a schedule that will least impact the group.
- You are invited to sleep at the Center on Friday night (especially if you live a distance from the Center) – let Ken know if you are interested.
- You are also invited to stay overnight at the Center on Saturday if you want to join the group for our regular Sunday sitting – let Ken know.
- BRING YOUR OWN LUNCH – we will provide liquids (teas and juice).
- We recommend a donation to the Center of \$15 for members and \$20 for non-members. More, or less, is fine. Never let financial issues stop you from practicing with us.
- Because there is a work period with assigned tasks, it is very helpful if you let Ken Rosen, at [clearwaterzen@gmail.com](mailto:clearwaterzen@gmail.com), know you are planning to attend.