



## Zazenkaï Schedule

8:30	Arrival and orientation
9:00-9:40	Zazen (with instruction)
9:40-9:50	Kinhin (walking meditation)
9:50-10:20	Zazen
10:20-10:30	Kinhin
10:30-11:00	Zazen
11:00-11:10	Kinhin
11:10-11:40	Dharma talk
11:45-12:00	break/oryoki set up
12:00-12:45	Oryoki (family style)
Clean up/ Rest	
1:00-1:30	Zazen
1:30-1:40	Kinhin
1:40-2:10	Zazen
2:10-2:30	Long Kinhin
2:30-3:00	Zazen
3:00-3:10	Kinhin
3:20-3:40	Zazen
3:40-4:00	Service
4:00	Open Sozan