

## All-Day Sitting Schedule

- 9:00 Welcome (orientation, robe chant, opening of zendo)
- 9:15 Zazen
- 9:40 Kinhin
- 9:50 Zazen
- 10:20 Kinhin
- 10:30 Dharma talk
- 11:20 Outdoor walking
- 11:40 Zazen
- 12:10 Noon Service—Heart Sutra, Hymn to the Perfection of Wisdom, Enmei Jukku Kannon Gyo
- 12:20 Meal Chant, Silent lunch
- 1:20 Zazen
- 1:50 Qigong
- 2:30 Zazen
- 3:00 Kinhin
- 3:10 Zazen
- 3:40 Closing Service—Metta Sutra
- 4:00 Pali Refuges, end of day