

## 1-Day Sitting Meditation Retreat Schedule

7:30 am	Arrival
7:50	Robe Chant/ Zazen
8:30	Kinhin
8:40	Zazen
9:20	Kinhin
9:30	Zazen (period open to public)
10:05	Kinhin
10:15	Public Dharma Talk
11:00 [or after DT]	
	Kinhin
11:20	Zazen
11:55	Service
12:10 pm	Lunch (zendo serve-up; meal in zendo w/ chant)
After meal	Break / servers' meal (refreshments in kitchen)
1:50	Temple Cleaning
2:10	End Work
2:30	zazen
3:00	kinhin
3:10	Tea (served in zendo), with Dharma Discussion
3:45	kinhin
4:00	zazen
4:30	kinhin
4:40	zazen
5:15	Closing Service
5:25 pm	Cleanup