**COVID THREE-DAY SITTING SCHEDULE**

**DAYS ONE and TWO**

8:00-8:55 am Zazen (with 5 min. interval)

8:55-9:15 Service

9:15-9:35 Break

9:35-10:05 Zazen

10:05-10:10 Kinhin

10:10-10:50 Lecture

10:50-11:00 Kinhin

11:00-11:40 Zazen

11:40-11:50 Kinhin

11:50-12:30 pm Zazen

12:30-12:40 Service

12:40-2:00 Lunch/Break

2:00-3:00 Silent Work Period

3:10-3:20 Clean-Up

3:20-3:35 Tea

3:35-4:40 Open Period (sit/walk at will)

4:40-5:15 Stretching

5:15-5:20 Kinhin

5:20-6:00 Zazen

6:00-6:10 Service

6:10-7:20 Dinner/Break

7:20-7:50 Zazen

7:50-8:00 Kinhin

8:00-8:40 Zazen

8:40 Refuges