

## COVID ONE-DAY SITTING SCHEDULE

8:00-8:55 a.m.	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
2:00-3:15	Silent Work Period
3:10-3:20	Clean-Up
3:20-3:40	Tea (bring your own)
3:40-5:00	Open Period (sit/walk at will)
5:00-5:10	Kinhin
5:10-5:50	Zazen
5:50	Refuges