

# HYBRID COVID ONE-DAY SITTING SCHEDULE

8:30-9:10 am	Zazen
9:10-9:20	Service
9:20-10:00	Zazen
10:00-10:10	Kinhin
10:10-10:50	Lecture
10:50-11:05	Kinhin outside
11:05-11:45	Zazen
11:45-11:55	Kinhin
11:55-12:30 pm	Zazen
12:30-12:40	Service
12:40-1:50	Lunch/Break
1:50-3:10	Silent Work Period
3:10-3:20	Clean-Up
3:20-3:40	Tea (DYI)
3:40-5:00	Open Period (sit/walk at will-including outside)
5:00-5:10	Kinhin
5:10-5:50	Zazen
5:50	Refuges