**THREE-DAY SITTING**

**DAY THREE**

6:30-7:10 am Zazen

7:10-7:20 Kinhin

7:20 –7:50 Zazen

7:50-8:15 Service

8:15-9:00 Breakfast

9:00-9:30 Break

9:30-10:05 Zazen

10:05-10:10 Kinhin

10:10-10:50 Lecture

10:50-11:00 Kinhin

11:00-11:30 Zazen

11:30-11:40 Kinhin

11:40-12:20 pm Zazen

12:20-12:30 Service

12:30-1:15 Lunch

1:15 Cooks’ Jundo

1:20-1:50 Break

1:50-2:35 Work Period

2:35-2:45 Clean-Up

2:45-3:15 Zazen

3:15 Shosan