**ONE-DAY SITTING SCHEDULE**

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

9:00-9:25 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

1:15-2:00 Break

2:00-3:10 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

6:10-6:50 Dinner

6:50-7:20 Break

7:20-7:50 Zazen

7:50-8:00 Kinhin

8:00-8:40 Zazen

8:40 Refuges

8:45--- *Yaza (late night sitting-optional)*