

Kannon Do

One-Day Sitting Schedule

7:45am	Zendo doors open	12:00pm	Lunch (in silence) Outside or in Sangha house
7:55	Attendees sitting in Zendo	1:00	Work practice begins
8:00	Zazen	1:45	Work practice ends; get ready for zazen
8:35	2 nd Saturday Service	2:00	Zazen
9:00	Orientation for the day (Talk)	2:30	Kinhin
9:15	Zazen	2:40	Zazen
9:45	Kinhin	3:10	Outdoor Walking
9:55	Zazen	3:30	Zazen
10:25	Teisho (Dharma Talk) and Discussion	4:00	Kinhin
10:50	Well-being Service	4:10	Zazen
11:20	Kinhin	4:40	Tea and Cookies
11:30	Zazen	5:00	End of day