

COVID SILENT SITTING SCHEDULE HALF DAY

8:30-9:10 a.m.	Zazen
9:10-9:20	Kinhin
9:20-10:00	Zazen
10:00-11:00	Work Period
11:00-11:40	Zazen
11:40-11:50	Kinhin
11:50-12:30 p.m.	Zazen
12:30	Refuges