

**THREE-DAY SITTING  
DAY THREE  
SEWING**

6:30-7:10 am	Zazen
7:10-7:15	Service
7:15-8:00	Breakfast
8:00-8:25	Break
<b>8:25-9:05</b>	<b>Zazen*</b>
<b>9:05-9:15</b>	<b>Kinhin</b>
<b>9:15-9:55</b>	<b>Zazen</b>
<b>10:00-10:30</b>	<b>Walking meditation/stretching</b>
<b>10:30-11:10</b>	<b>Zazen</b>
<b>11:10-11:20</b>	<b>Kinhin</b>
<b>11:20-12:00 pm</b>	<b>Zazen</b>
12:00-12:20	Service
12:20-1:05	Lunch
1:05-1:15	Cooks' Jundo
1:15-1:45	Break
1:45-2:30	Work Period
2:30-2:40	Clean-Up
2:40-3:10	Zazen
3:10	Shosan

- **Red entries are also sewing times**