

ONE DAY SIT - Full day and evening

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