

**THREE-DAY SITTING SCHEDULE
DAYS ONE AND TWO
SEWING**

6:30-7:10 am	Zazen
7:10-7:15	Service
7:15-8:00	Breakfast
8:00-8:25	Break
8:25-9:05	Zazen*
9:05-9:15	Kinhin
9:15-9:55	Zazen
9:55-10:05	Kinhin
10:05-10:50	Lecture
10:50-11:00	Kinhin
11:00-11:40	Zazen
11:40-11:50	Kinhin
11:50-12:30 pm	Zazen
12:30-12:40	Service
12:40-1:25	Lunch
1:25-2:10	Break
2:00-3:00	Silent Work Period
3:00-3:10	Clean-Up
3:10-3:25	Tea (informal in dining room)
3:25-5:00	Open Period (sit/walk at will)
5:00-5:30	Stretching
5:30-5:35	Kinhin
5:35-6:15	Zazen
6:15-6:25	Service
6:25-7:10	Dinner
7:10-7:30	Break
7:30-8:10	Zazen
8:10-8:20	Kinhin
8:20-8:50	Zazen
8:50	Refuges

- **All red entries are also sewing times**