

●~●~● ZAZENKAI SCHEDULE ●~●~●

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|-------------------|--------------------------------|
| 6:00 a ~ 6:30 a | Gatha of Atonement, Zazen |
| 6:30 a ~ 6:40 a | Kinhin |
| 6:40 a ~ 7:10 a | Zazen Verse of the Kesa |
| 7:10 a ~ 7:20 a | Kinhin |
| 7:20 a ~ 7:50 a | Zazen |
| 7:50 a ~ 8:00 a | Break |
| 8:00 a ~ 8:30 a | Service |
| 8:30 a ~ 8:40 a | Kinhin |
| 8:40 a ~ 9:10 a | Zazen |
| 9:10 a ~ 9:30 a | Breakfast |
| 9:30a ~ 10:10 a | Break |
| 10:10 a ~ 10:40 a | Zazen |
| 10:40 a ~ 10:50 a | Kinhin |
| 10:50 a ~ 11:20 a | Zazen Dokusan |
| 11:20 a ~ 11:30 a | Kinhin |
| 11:30 a ~ 12:00 p | Zazen Dokusan |
| 12:00 p ~ 1:20 p | Lunch / Lunch clean up / Break |
| 1:10 p ~ 1:20 p | Han |
| 1:20 p ~ 1:50 p | Zazen |
| 1:50 p ~ 2:00 p | Kinhin |
| 2:00 p ~ 3:00 p | Dharma Talk |
| 3:00 p ~ 3:10 p | Kinhin |
| 3:10 p ~ 3:40 p | Zazen Dokusan |
| 3:40 p ~ 3:50 p | Kinhin |
| 3:50 p ~ 4:20 p | Zazen Dokusan |
| 4:20 p ~ 4:30 p | Kinhin |
| 4:30 p ~ 5:00 p | Zazen Evening Gatha |