

BOULDER ZEN CENTER

Mountain Zendo

One-Day Sitting

7:30 Arrival for Oryoki Instruction

7:45 Oryoki Instruction (optional)

8:15-8:30 Arrival & Welcome Tea

9:00 Zazen

9:40 Kinhin

9:50 Zazen

10:20 Kinhin

10:30 Zazen

11:00 Break

11:15 Outdoor Walk

11:45 Break

12:00 Service

12:15 Oryoki Lunch

1:00 Break

1:45 Zazen

2:15 Tea

2:45 Setup

3:00 Dharma Talk

3:50 Break

4:10 Zazen

4:50 Service

5:00 End