

BOULDER ZEN CENTER

Mountain Zendo

One-Day Sitting

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