

# Wrapping Ourselves in Buddha's Zazen 2019 Practice Period

One-Day Sitting September 15, 2019

## **Morning**

5:30 ZAZEN  
6:10 KINHIN  
6:20 ZAZEN  
7:00 SERVICE  
7:30 INFORMAL ORYOKI BREAKFAST  
8:20 CLEANUP/BREAK

## **Mid-Morning**

9:20 ZAZEN  
10:00 KINHIN  
10:10 ZAZEN  
10:40 KINHIN  
10:50 ZAZEN  
11:20 KINHIN  
11:30 ZAZEN  
12:00 SERVICE  
12:10 INFORMAL ORYOKI LUNCH  
1:00 BREAK

## **Afternoon**

2:00 SAMU  
3:25 CLEAN-UP  
3:40 TEA  
4:00 KINHIN  
4:10 ZAZEN  
4:50 SERVICE  
5:00 END