

Zazenkai Schedule

(All times are EST and EDT)

Saturday

8 am – 9 am	Opening Words, Zazen, and Short Liturgy <i>Four Immeasurables (Long) and Verse of the Kesa</i>
9 am – 11:45 am	Zazen and Face-to-face teaching
11:45 am – 12 pm	Liturgical: <i>Karaniya Metta Sutta</i> and <i>Emmei Jukku Kannon Gyo</i>
12 pm – 12:20 pm	Oryoki Lunch Prep
12:20 pm – 1:30 pm	Oryoki Lunch (<i>Meal Gatha</i>) and Break
1:30 pm – 2:30 pm	Zazen and Break
2:35 – 3:15 pm	Dharma Talk and Break
3:20 – 4 pm	Zazen and <i>Four Bodhisattva Vows</i>
4 pm	Closing