

Zen River Sangha Practice Schedule March 6, 2010

6:30 - 6:55 service
6:55 - 7:00 kinhin
7:00 - 7:25 zazen
7:25 - 7:35 kinhin
7:35 - 8:00 zazen
8:00 - 8:30 qigong
8:30 - 8:55 break & tea
9:00 - 9:30 zazen
9:30 - 9:40 kinhin and Mondo setup
9:40 - 11:10 Mondo
11:10 - 11:20 kinhin
11:20 - 11:50 zazen
11:50 - 12:00 break & lunch prep
12:00 - 12:30 lunch
12:30 - 12:45 lunch cleanup & break
12:45 - 1:15 zazen
1:15 - 1:25 kinhin and Mondo setup
1:25 - 2:55 Mondo
2:55 - 3:05 kinhin
3:05 - 3:35 zazen
3:35 - 3:45 kinhin
3:45 - 4:15 zazen & closing
4:15 - break silence
4:15 - 4:30 cleanup and depart