**Monthly Zazenkai Schedule**.

Listen for 3 bells to start zazen, 2 bells to start kinhin, 1 bell to return to your cushion and 1 bell to signal break or end of day

For online participation, please keep your side of Zoom MUTED till Sozan.

**Schedule:**

8:45 am Door Opens/Zoom Log-in Starts, 9:00 please be on your cushion

9:10 am – 10:00 am Zazen ①

10:00 am - 10:10 am Kinhin

10:10 am - 11:00 am Zazen②

11:00 am - 11:10 am Kinhin

11:10 am – 12:00 pm Zazen ③

12pm - 1:00 pm lunch break on your own

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1:10 pm - 2:00 pm Zazen ④

2:00 pm - 2:10 pm  Kinhin

2:10 pm – 3:00 pm Zazen ⑤

3:00 pm - 3:10 pm Kinhin

3:10 pm – 4:00 pm Zazen ⑥

4:00 pm - 4:10 pm Kinhin

4:10 pm – 5:00 pm     Zazen

5:00 pm Open Sozan

PLEASE CONTACT US: [info@NYZCfordogenstudy.org](mailto:info@NYZCfordogenstudy.org) IF YOU ARE INTERESTED IN JOINING

Covid protocol: we ask that that if you have been exposed to COVID or other highly communicable viruses that you consider online participation.

Lunch: You can bring your own brown bag lunch and have it at the dining space in the zendo or go out to have lunch. The neighborhood offers a variety of quick lunch places.