

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. Please keep your side of Zoom MUTED till Sozan.

US Eastern Standard Time	European Central Time
7:45 am Door Opens/Zoom Log-in Starts, 8:00 please be on your cushion	1:45 pm Door Opens/Zoom Log-in Starts, 2:00 please be on your cushion
8:10 am- 9:00 am Zazen ①	2:10 pm – 3:00 pm Zazen ①
9:00am – 9:10 am Kinhin	3:00 pm -3:10 pm Kinhin
9:10am-10:00am Zazen ②	3:10 pm - 4:00 pm Zazen ②
10:00 am - 10:10 am Kinhin	4:00 pm - 4:10 pm
10:10 am - 11:00 am Zazen ③	4:10 am - 5:00 pm Zazen ③
11:00 am - 11:10 am Kinhin	5:00 pm - 5:10 pm Kinhin
11:10 am – 12:00 pm Zazen ④	5:10 pm - 6:00 pm Zazen ④
12pm - 1:00 pm lunch break on your own 	6:00pm - 7:00 pm Dinner break on your own 
1:10 pm - 2:00 pm Zazen ⑤	7:10 pm - 8:00 pm Zazen ⑤
2:00 pm - 2:10 pm Kinhin	8:00 pm - 8:10 pm Kinhin
2:10 pm – 3:00 pm Zazen ⑥	8:10 pm – 9:00 pm Zazen ⑥
3:00 pm - 3:10 pm Kinhin	9:00 pm - 9:10 pm Kinhin
3:10 pm – 4:00 pm Zazen ⑦	9:10 pm – 10:00 pm Zazen ⑦
4:00 pm - 4:10 pm Kinhin	10:00 pm - 10:10 pm Kinhin
4:10 pm – 5:00 pm Zazen ⑧	10:10 pm – 11:00 pm Zazen ⑧
5:00 pm Open Sozan	11:00 pm Open Sozan

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.