

# ASZC BUDDHA ZAZENKAI

SATURDAY JULY 3

SUNDAY MORNING

## JULY 2010 SCHEDULE

Buddha zazenkaï is an opportunity to deepen your practice of shikantaza, the “just sitting” of Soto Zen Buddhism.

Full attendance is encouraged, however as a lay practice we recognize responsibilities and also encourage partial attendance.

Please plan to attend the orientation and plan your entry and exit at break times.

Please be silent if leaving or arriving when full silence is being observed between Zendo evening closing until morning assignments (9:00 PM – 8:30 AM)

### Friday Evening July 2

7:00-7:30	Orientation (Mon)
7:30	Open Zendo
7:30-9:00	Zazen+Kinhin (3 @ 25 - 05)
9:00 PM	Close Zendo

### Morning

06:30 AM	Open Zendo
06:30-08:00	Zazen+Kinhin (3 @ 25 - 05)
08:00-09:00	Breakfast
09:00-12:00	Zazen+Kinhin (3 @ 50 - 10)
12:00-1:30	Lunch + Clean Assignments

### Afternoon

1:30-2:00	Break / Exercise
2:00-3:30	Zazen (2 @ 40 - 10)
3:30-4:30	Dialog
4:30-6:00	Zazen+Kinhin (2 @ 40 - 10)
6:00-7:30	Supper + Clean

### Evening

7:30	Open Zendo
7:30-9:00	Zazen+Kinhin (3 @ 25 - 05)
9:00 PM	Close Zendo

### Public Day

06:30 AM	Open Zendo
06:30-08:00	Zazen+Kinhin (3 @ 25 - 05)
08:00-08:30	Breakfast
08:30-9:00	Cleaning Prepare for Public
09:00	Open Zendo
09:00-10:30	Zazen+Kinhin (3 @ 25-05)
09:00	Newcomers
10:30	Service
10:30-12:00	Talk & Tea
12:00-01:00	Lunch (Off Site)

