

All-Day Sitting on Sunday, February 7, 2010

Everyone is welcome to come for all or any part of the day. Sitting begins at 6:15, followed by breakfast in the staff kitchen. The usual Sunday sitting starts at 8:30 am followed by a Dharma talk by John. We'll serve the usual brunch in the dining room around 10:30, and then those who wish will resume sitting at 11:00. The lunch break runs from 12:15 to 1:00 (bring your own lunch), and the final block of sitting starts at 1:00 and runs to 2:45. We'll end with a short chanting service.

Schedule:

6:15 AM	Zazen
7:30	Breakfast in the staff kitchen
8:30	Zazen & Dharma Talk
ca 10:30	Tea break in the dining room
11:00	Zazen
12:15 PM	Lunch break (bring your own)
1:00	Zazen & daisan
2:45	Chanting