



Zazen Practice Days 2021

- July 24th
- August 21st
- September 18th
- October 16
- November 13
- No meeting in December

On Zoom at <https://us02web.zoom.us/j/5232119427>

Saturday Practice Schedule

9:30 to 9:55 a.m. (Zazen with a 5-minute break before Dharma Talk)

10:00 a.m. to 11:00 a.m. **(Dharma Talk by Guest Speaker: check the website for details)**

11:00 a.m. to 11:10 a.m. (Kinhin *or Optional Break*)

11:10 a.m. to 11:50 a.m. (Zazen)

11:50 a.m. to 1:00 p.m. (Lunch Break)

1:00 p.m. to 1:40 p.m. (Zazen)

1:40 p.m. to 1:50 p.m. (Kinhin)

1:50 p.m. to 2:30 p.m. (Zazen)

2:30 p.m. to 3:00 p.m. (Afternoon Break)

3:00 p.m. to 3:40 p.m. (Zazen)

3:40 p.m. to 3:50 p.m. (Kinhin)

3:50 p.m. to 4:30 p.m. (Zazen) / **Giving Back the Merit**

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