

CRESTONE MOUNTAIN ZEN CENTER

Zazenkai

November 14-15, 2020

Saturday, November 14

4:30	Wake-up	1:00	Oryoki Lunch
4:45	Han	1:40	Break
5:00	Zazen	2:30	Walk
5:50	Kinhin	3:10	Zazen
6:00	Zazen	3:40	Kinhin
6:40	Kinhin	3:50	Zazen
6:50	Zazen	4:20	Kinhin
7:20	Service	4:30	Zazen
8:00	Oryoki Breakfast	5:00	Service
8:40	Break	5:25	Interactive Zoom Tea
9:15	Han	5:55	Open Kitchen/Dinner
9:30	Zazen	6:20	Study
10:15	Work Meeting/Work	7:15	Han
11:35	Clean-up / End Work	7:30	Zazen
11:45	Han	8:00	Kinhin
12:00	Zazen	8:10	Zazen
12:30	Service	8:40	End Zazen / Open sitting / Bed

Sunday, November 15

4:30	Wake-up
4:45	Han
5:00	Zazen
5:45	Service
6:00	Lecture Set up
6:20	Break
8:00	Roshi Lecture
9:00	Discussion Group

All meals will be in the Kannon-do. Please wear robes/Zendo clothes for the meals.