

One Day Sitzings with Doan

Schedule

DATES	SUNDAY EVENING	MONDAY
Oct 1-2	7:30 orientation	6:10 zazen
Nov 5-6	8:00 zazen	7:00 kinhin
Dec 10-11	8:50 end of day	7:10 zazen
Jan 7-8		8:00 breakfast
Feb 4-5		
Mar 4-5		9:10 zazen
Apr 1-2		10:00 kinhin
May 6-7		10:10 zazen
Jun 3-4		11:00 kinhin
		11:10 zazen
		11:50 kinhin
		12:00 zazen
		12:30 lunch
		1:40 zazen
		2:00 kinhin
		2:10 zazen
		3:00 kinhin
		3:10 zazen
		4:00 kinhin
		4:10 zazen
		5:00 end of day