

Practice Sunday

in regular intervals, 6:30-15:00,
for specific dates see calendar

On practice Sundays we unite the three most important practice aspects of our lineage: zazen, work and study.

6:30	zazen
7:20	kinhin (possibility to join in)
7:30	zazen
8:20	kinhin
8:30	zazen
9:10	kinhin
9:20	zazen
10:00	kinhin
10:10	zazen
11:00	work practice/ cooking together
12:00	lunch
12:30	break
13:00	zazen
13:00	practice dialogue and sharing

We practice in silence until the practice dialogue starts. Please wear dark, comfortable clothing.

Registration: info@daijhi.org

Daijhi Soto Zen Sangha

Dr.-Schober-Straße 73, 1130 Wien

0676/7906230
info@daijhi.org
www.daijhi.org