



Zazenkai Schedule

Zazenkai translates to „coming together for Zazen“.
It's a short, intense zazen, five periods with kinhin inbetween.

07:30-08:20	zazen
08:20-08:30	kinhin
08:30-09:20	zazen
09:20-09:30	kinhin
09:30-10:20	zazen
10:20-10:30	kinhin
10:30-11:20	zazen
11:20-11:30	kinhin
11:30-12:20	zazen

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