



Practice Sunday Schedule

We regularly meet for practice Sundays where we can extend our practice in all three important aspects of our lineage: zazen, work, and study.

During these days we sit multiple periods of zazen in a row, listen to a lecture and share our thoughts and impressions. We work, prepare meals, and eat together.

Practice Sundays are an excellent opportunity for those who want to try out more intense forms of practice.

07:30 - 08:10	zazen
08:10 - 08:20	kinhin
08:20 - 08:50	zazen
08:50 - 09:00	kinhin
09:00 - 09:30	zazen
09:30 - 09:50	chanting service (heart sutra)
10-minute break	
10:00 - 11:00	lecture & practice dialogue
10-minute break	
11:10	work (samu), for example zendo clean-up, cooking, gardening, ...
12:30	lunch

registration and further information: info@daijishi.org