



## ZAZEN-KAI SCHEDULE

**A community day of sitting meditation in the Rose Room.**

**Saturday before the first Sunday of the month from 9:00 am to 3:00 pm.  
Donation requested**

**2009 Dates:** December 5, 2009

**2010 Dates:** TBA

### **Schedule:**

#### **Morning**

9:00 Zazen

9:30 Zazen / Dokusan

11:00 Chanting (Heart Sutra)/Zazen

11:30 Lunch / Rest

#### **Afternoon**

1:00 Zazen

1:30 Zazen / Dokusan

2:55 Great Vows for All

3:00 End

Please bring a bag lunch.

### **Terminology:**

*Zazen:* sitting meditation. 25 minutes of sitting in the Rose Room.

*Dokusan:* Private individual consultation with the teacher.

For more information, telephone 650-340-7486.