

# BOULDER ZEN CENTER

Weekend Sitting with Zenki Dillo Roshi

*Required practice for online participants in bold*

## Friday Evening

5:00 Oryoki Instruction (if needed)  
6:00 Welcome Dinner  
6:30 Clean up  
7:15 **Zazen Instruction**  
8:30 End

## Saturday

6:00 <b>Zazen</b>	1:30 Lunch
6:40 Kinhin	2:10 Break
6:50 <b>Zazen</b>	2:55 Bell
7:20 Kinhin	3:05 <b>Zazen</b>
7:30 <b>Zazen</b>	3:35 Tea
8:00 Service	4:10 Bell
8:40 Breakfast	4:20 <b>Dharma Talk</b>
9:20 Break	5:10 End Lecture / Break
9:50 Bell	5:40 Bell
10:00 Zazen	5:50 Zazen
10:30 Kinhin	6:20 Service
10:40 Zazen	6:40 Dinner
11:10 Work Meeting	7:10 Break
11:15 Work	7:40 Bell
12:15 Clean-up / End Work	7:50 <b>Zazen</b>
12:30 Bell	8:20 Kinhin
12:40 <b>Zazen</b>	8:30 <b>Zazen</b>
1:10 Service	9:00 End Zazen

## Sunday

Schedule as Saturday morning.

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10:40 Zazen  
11:10 Service  
11:20 Work Meeting  
12:45 Table Lunch