

# Zazenkai Schedule

January 5, 2019

Des Moines Zen Center

**(Note: The Zazenkai requires prior registration and full day participation. You can sign up by signing the sign-up sheet on the bulletin board in the community room or by emailing [info@dmzencenter.org](mailto:info@dmzencenter.org).)**

8:00 – 8:40 AM	Zazen	
8:40 – 8:50 AM	Kinhin	
8:50 – 9:30 AM	Zazen	
9:30 – 10:00 AM	Morning service	<ul style="list-style-type: none"><li>• Formless Repentance</li><li>• Triple Treasures</li><li>• Bodhisattva Vows</li><li>• Heart Sutra</li><li>• Merging of Difference &amp; Unity</li><li>• Chant of Ancestors</li></ul>
10:00 – 11:10 AM	Break – coffee, tea, soji cleaning	
11:10 – 11:50 AM	Zazen	
11:50 – Noon	Noon Service	
Noon – 1:30 PM	Oryoki lunch, cleanup, break	
1:30 – 2:45 PM	Work period	
3:00 – 3:40 PM	Zazen & Dokusan	
3:40 – 3:50 PM	Kinhin	
3:50 – 4:30 PM	Dharma Talk	
4:30 – 4:40 PM	Kinhin	
4:40 – 5:20 PM	Zazen & Dokusan	
5:20 – 5:30 PM	Evening service	Enmei Jukko Kannon Gyo Dai Hi Shin Dharani

End of zazenkai.