

Zazenkai Schedule

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.)

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| 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">• Formless Repentance• Triple Treasures• Bodhisattva Vows• Heart Sutra• Merging of Difference & Unity• Chant of Ancestors |
| 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.