



## All Day Sit with Ceremony Green Gulch Farm

8:45	Zendo opens
9:00	Welcome and orientation
9:15	Zazen
9:45	Kinhin
9:55	Zazen
10:25	Kinhin
10:35	Zazen
11:05	Outdoor Walking ( <i>rehearsal doan ryo in the zendo</i> )
11:35	Zazen
12:05	Noon Service
	<i>Heart of Great Perfect Wisdom Sutra</i> (Chant Book p. 8)
	<i>Hymn to the Perfection of Wisdom</i> (Chant Book p. 10)
	<i>Enmei Jukku Kannon Gyo</i> (Chant Book p. 10)
12:25	Silent Lunch
1:10	Silent Break ( <i>Rehearsal doan ryo in zendo</i> )
1:40	Zazen
2:10	Kinhin
2:20	Zazen
2:50	Dharma Talk and group discussions (Chant Book pp. 3-4)
3:50	Ceremony Set-up
4:00	Ceremony
4:30	Close
	<i>Three Refuges in Pali</i> (Chant Book p. 2)