



Mondays:

7am – Zazen (seated meditation)
7:40am – Morning Chanting

6pm – Zazen
6:40pm – Evening Chanting

Tuesdays thru Fridays:

6am – Zazen
6:40am – Kinhin (walking meditation)
6:50am – Zazen
7:20am – Chanting
7:40am – Soji (brief temple cleaning)

6pm – Zazen
6:40pm – Chanting

Thursdays:

7:30pm – Study Hour (text reading and study, drop-ins also welcome)

Saturdays:

Mornings Only

6:30am – Zazen
7:10am – Chanting
7:25am – Soji

8:30am - Introductory zazen and zendo (meditation hall) instruction
Drop-in or by appointment

9:25am – Zazen
10:15am – Dharma Talk
11am – Socializing, refreshments

* **Please Note:** This Schedule does not include Hartford Street Zen Center’s ceremonies, extended sittings, holiday closures, council, social events, community events, meditation in Recovery (Women-only), meditation in recovery (Men & Women), and HIV meditation group. This schedule also may not reflect the full resident student schedule.

