



### **Mondays:**

**6pm** – Zazen (sitting meditation)  
**6:40pm** – Evening Chanting (aka service)

### **Tuesdays**

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

**6pm** – Queer Meditation Space (1hour)

### **Wednesdays thru Fridays:**

**6am** – Zazen  
**6:40am** – Kinhin  
**6:50am** – Zazen  
**7:20am** – Chanting  
**7:40am** – Soji

**6pm** – Zazen  
**6:40pm** – Evening Chanting

### **Thursdays (after to zazen, chanting evening)**

**7:30pm** – Study Hour (text reading and study, drop-ins are 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** - Ceremony - if applicable  
**11am** – Socializing, refreshments (or 11:30 following ceremony)

**\* 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.

