



Mondays:

6pm – Zazen

6:40pm – Evening Chanting

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 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.

