



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 zazen, chanting evening & brief break)

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.

