

Beginner's Mind Zazenkai

8:00a	Welcome & Introductions Zendo Etiquette Zazen Instruction (Seated Meditation) Kinhin Instruction (Walking Meditation) Dokusan (1:1 Interview w/Teacher)
10:30a	Break & Snack
10:45a	Dharma Talk
11:35a	Break
11:50p	Zazen
12:30p	Lunch and Rest
1:30p	Chanting Service
2:00p	Zazen, Kinhin, Dokusan
3:40p	Break
3:50p	Closing Talk & Circle
5:00p	End