

ASZC ONE-DAY ZAZENKAI

Saturday Zazenkaï is an opportunity to deepen your practice and “ease” into retreats and sesshins at the Atlanta Soto Zen Center.

All study materials will be provided. You are encouraged to read only the material that is assigned. In this way you will be able to focus on the content offered, and through zazen, more fully integrate the content of the teaching into direct experience.

Please follow the schedule to the degree that you can, and let the Ino know if and when you must be absent.

When necessary, please communicate with the Ino by written note; otherwise observe silence as much as possible.

SATURDAY

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|---------------|--------------------------|
| 08:30 AM | Doors Open |
| 09:00 | Open Zendo |
| 09:00 - 10:30 | Zazen+Kinhin (3 @ 25-05) |
| 10:30 - 11:00 | Sutra Service & Break |
| 11:00 - 12:00 | Talk & Tea |
| 12:00 - 1:30 | Lunch & Cleaning |
| 1:30 - 3:00 | Zazen+Kinhin (3 @ 25-05) |
| 3:00 - 4:00 | Discussion & Tea |
| 4:00 - 5:00 | Zazen+Kinhin (2 @ 25-05) |
| 5:00 PM | Close Zendo |

