



Dai Bai Zan Cho Ba Zen Ji

Great Plum Mountain - Listening to the Dharma Temple

Zoom Odayaka Sunday Schedule

5:00	Asa (Morning Service)
5:30	Kinhin (indoor walking meditation)
5:40	Zazen (sitting practice)
6:30	Kinhin
6:40	Zazen
7:00	Breakfast
7:50	Kinhin (outdoor walking meditation)
8:00	Zazen
8:30	Dokusan (personal interview) and Zazen
9:50	Break
10:00	Teisho (Sutras & Dharma Talk)
10:50	Break
11:00	Zazen
11:30	Council
12:00	Conclusion

