

**Mid City Zen**  
**One-day Sitting Schedule**  
**February 26, 2023**

**All are welcome to join for all or part of the one day sitting, which  
opens our 8 week practice period.**

*Any donations are appreciated but not required!*  
**Suggested Donation: \$10 member, \$20 non-member**

5:25 Han begins	12:00pm Service ( <a href="#">Loving Kindness Meditation</a> )
5:40 Sitting Meditation (Zazen)	
6:20 Walking Meditation (Kinhin)	12:15 Lunch (Zendo)
6:30 Zazen	12:45 Break
7:05 Service	2:15 Work Meeting (Zendo)
7:35 Soji	2:50 Work ends
7:50 Breakfast (Zendo)	2:55 Tea (Library/entryway)
8:40 Break	3:15 Han begins
9:10 Han begins	3:30 Zazen
9:25 Zazen	4:10 Kinhin
10:00 Densho begins	4:20 Zazen
10:15 Lecture	5:00 Kinhin
11:15 Kinhin	5:10 Zazen
11:30 Zazen	5:50 Closing with Refuges
	6:00 End of Day