



Zen Center of Los Angeles

Fall Practice Period 2024

Tuesday

7:00 p.m.	Zazen
7:30	Slow Kinhin
7:35	Zazen
8:00	4 Vows/Bows/Evening Verse

Wednesday

5:55 a.m.	Be in your Seat/Head Trainee Entrance/Abbot Entrance/Zazen
6:30	Indoor Slow Kinhin
6:35	Zazen
7:00	Verse of the Kesa
7:05	Morning Service
9:00-11:00	Samu Service/Work
11:15	Zazen
11:50	Mid-Day Service
12:15-1:30 p.m.	Lunch/Rest
1:30-5:00	Work/Study
5:00	Supper/rest
6:45	Evening Service
7:00	Zazen
7:35	Kinhin
7:45	Zazen
8:20	4 vows/Bows/Evening Gatha

Thursday

5:55 a.m.	Be in your Seat/Head Trainee Entrance/Abbot Entrance/Zazen
6:30	Indoor Slow Kinhin
6:35	Zazen
7:00	Verse of the Kesa
7:05	Morning Service
7:45	Community Breakfast/Cleanup
9:00-11:00	Samu Service/Work
11:15	Zazen
11:50	Mid-Day Service
12:15-1:30 p.m.	Lunch/Rest
1:30-5:00	Work/Study
5:00	Supper/rest
6:45	Evening Service
7:00	Personal Practice Talks/Ceremony of Atonement/Dharma Talks/Hidden Lamp Study Group (depending on the week)

Friday

5:55 a.m.	Be in your Seat/Head Trainee Entrance/Abbot Entrance/Zazen
6:30	Indoor Slow Kinhin
6:35	Zazen
7:00	Verse of the Kesa
7:05	Morning Service
9:00-11:00	Samu Service/Work
11:15	Zazen
11:50	Mid-Day Service
12:15-1:30 p.m.	Lunch/Rest
1:30-5:00	Work/Study
5:00	Supper/rest



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Saturday

8:30 a.m.	Saturday Service
9:00	Zazen
9:35	Outside Walking Zen or Kinhin
9:45	Zazen
10:20	Outside Walking Zen or Kinhin
10:30	Zazen/4 Vows/Bows
11:00-11:15	Temple Caretaking Practice

Sunday

8:30 a.m.	Gate of Sweet Nectar Service
9:00	Zazen
9:35	Outside Walking Zen or Kinhin
9:45	Zazen
10:20	4 Vows/Bows/Closing Ceremony
11:00	Dharma Talk or Council
12:15 p.m.	Community Lunch