

## July 2021 Daylong Intensive Schedule

4:50am	Seated in Zendo; <i>Gosei</i>
<b>5:00am</b>	<b>Choka</b> (sutras); <b>Sampai</b> ; <b>Han</b>
<b>5:40am</b>	<b>Zazen</b> ( <i>short period</i> ); <b>Kinhin</b>
<b>6:00am</b>	<b>Zazen</b> ; <b>Zazen</b>
6:55am	Breakfast; Cleanup; Break
8:15am	<i>Samu</i> ; <i>Clappers</i> [ <i>meet at kitchen deck</i> ]
10:30am	<i>Samu</i> ends; <i>Clappers</i>
10:50am	Seated in Zendo; <i>Gosei</i>
<b>11:00am</b>	<b>Outside Uninterrupted Zazen</b>
11:55am	Lunch; Cleanup; Break
1:50pm	Seated in Zendo; <i>Gosei</i>
<b>2:00pm</b>	<b>Dharma Talk</b>
<b>3:00pm</b>	<b>Kinhin</b> ; <b>Zazen</b> ; <b>Zazen</b>
4:00pm	Outside Practice [ <i>meet at Zendo deck</i> ]
5:00pm	Supper ( <i>optional, informal</i> ); Cleanup; Break
5:50pm	Seated in Zendo; <i>Gosei</i> ;
<b>6:00pm</b>	<b>Uninterrupted Zazen</b> ; <b>Han</b> ; <b>Kinhin</b>
<b>7:00pm</b>	<b>Zazen</b> ; <b>Zazen</b> ; <b>Kinhin</b>
<b>8:00pm</b>	<b>Zazen</b> ; <b>Zazen</b>
8:45pm	<i>Kaichin</i> [ <i>in kitchen</i> ]

### Notes

- **Vaccination required for all in-person attendance.**
- Events in **bold** will be broadcast. See: <https://www.tahomazenmonastery.com>
- Please arrive by *Gosei* for in-person attendance, five minutes early for those online.
- Drop-in Attendees: Vaccination required.
- Please follow all of our Covid-19 guidelines, posted nearby.