

# 桑港寺坐禅会

## Sokoji Zazen Meditation

### Sunday

7:40am Open  
8:00am Zazen  
8:40am Morning Service  
9:00am Temple Cleaning  
9:15am Tea & Talk  
9:30am End

### Wednesday

6:10pm Open  
6:30pm Zazen  
7:15pm Tea & Talk  
7:30pm End

### Thursday

6:10am Open  
6:30am Zazen  
7:10am Kinhin (Walking Zazen)  
7:15am Break  
7:20am Zazen  
8:00am Morning Service  
8:15am End

### 1st & 3rd Saturday (For Beginners)

8:40am Open  
8:50am Lecture  
9:00am Zazen  
9:20am Kinhin  
(Walking Zazen)  
9:30am Zazen  
9:50am End



Sometimes the meditation will be canceled.

When you come at the first time, please call ahead for any schedule changes.

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