

London Zen Center - Extended Sitting Schedule

8:00am	Sitting meditation (zazen)
8:30am	Walking meditation (kinhin)
8:40am	Sitting meditation (zazen)
9:10am	Walking meditation (kinhin)
9:20am	Sitting meditation (zazen)
9:50pm	Tea break
10:20am	Sitting meditation (zazen)
10:50am	Walking meditation (kinhin)
11:00am	Sitting meditation (zazen)
11:30am	Walking meditation (kinhin)
11:40am	Sitting meditation (zazen)
12:10pm	Vegetarian Lunch