

*Green Gulch Farm*  
GREEN DRAGON TEMPLE

**TYPICAL SCHEDULE**  
**7-DAY SESSHIN**

4:35	Wake-up Bell ends	2:30	1st Bell
4:50	1st Bell	2:40	ZAZEN
5:00	ZAZEN	3:10	Kinhin
5:40	Kinhin	3:20	ZAZEN
5:50	ZAZEN	3:50	TEA
6:30	Morning Service	4:20	Rest
7:00	Soji		
7:20	BREAKFAST	4:30	1st Bell
8:15	Rest	4:40	ZAZEN
		5:10	Kinhin
9:20	1st Bell	5:20	ZAZEN
9:30	SITTING	5:50	Evening Service
10:00	Set up for Talk	6:00	SUPPER
10:05	DHARMA TALK	6:50	Rest
11:10	(approximate, time depends on talk)	7:30	1st Bell
	Kinhin, ZAZEN,	7:40	ZAZEN
	Interval, ZAZEN	8:15	Kinhin
12:15	Noon Service	8:25	ZAZEN
12:30	LUNCH	8:55	Three Refuges
1:10	Rest		END OF DAY

At **11** minutes prior to sitting, the han is struck twice, followed by 2 strikes on the bonsho. This means: **"COME TO THE ZENDO NOW."**

At **6** minutes prior to sitting, the han is struck once. Please be in the zendo within the next minute.

At **5** minutes prior to sitting, the doors are closed and the densho is struck once. If late, please wait outside the doors until the doshi offers incense and the tenken lets you in.

**PLEASE BE IN THE ZENDO AT LEAST 5 MINUTES PRIOR TO THE SCHEDULED TIME FOR SITTING**