

# Daily Schedules

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## Honzan Dainen-ji / Zen Centre of Ottawa

### **Morning Formal Sittings for WWZC Students:**

Monday, Tuesday, Wednesday, Thursday and Saturday Mornings The formal sittings begin at 6:00 a.m. You would need to arrive by 5:45 in time for First Bell. The sitting ends at 7:25 with the Chants. Following that there is a Daruma-kata Aiki review which ends at about 7:50. If you need to leave before the kata, please let us know that in advance by sending an email to [schedule@wwzc.org](mailto:schedule@wwzc.org) .

### **Saturday Morning General Sitting for WWZC Students:**

The general sitting begins at 9:30 a.m. You would need to arrive by 9:15 a.m., in time for First Bell. The sitting ends at 11:45 a.m. Some general students attend the 6:00 a.m. Saturday morning formal sitting, stay for breakfast and then attend the general sitting. If you stay for breakfast you will need to make a \$5.00 dana contribution for the meal. Proceeds from meals go to White Wind Zen Community.

### **Monday and Thursday Evening for WWZC Students:**

The associate sitting begins at 7:30 p.m. You would need to arrive by 7:15 p.m., in time for First Bell. The sitting ends at 9:10 p.m.

### **Friday (Hosan)**

There are no formal sittings scheduled at the monastery on Fridays, but you are expected to sit at home if you have committed to sitting zazen daily.

### **Sunday Formal Sitting for WWZC Students:**

The Sunday morning formal sittings are reserved to monastics, formal students, and probationary formal students.

## **Wolfville Zazenkai**

<b>Monday to Friday</b>	6:30 – 7:45am	Bowing, chanting, zazen, kinhin, recorded teisho and Daruma-kata aiki.
<b>Tuesday</b>	8:15 – 10:15pm	
<b>Thursday</b>	7:00 – 9:30pm	
<b>Sunday</b>	8:30 – 10:00am	

## Harrow Zazenkai

<b>Monday</b>	9:00 – 10:00am 6:30 – 7:15pm	Formal sitting: chanting, zazen, recorded teisho. Zazen, chanting.
<b>Tuesday</b>	9:00 – 10:00am 7:15 – 8:45pm	Zazen, chanting, Daruma-kata aiki. General sitting: zazen, recorded Dharma talks
<b>Wednesday</b>	9:00 – 10:00am 6:30 – 7:15pm	Formal Sitting: chanting, zazen, recorded teisho, Daruma-kata aiki. Zazen, chanting.
<b>Thursday</b>	9:00 -10:00am 6:30 – 7:15pm	Formal Sitting: chanting, zazen, Daruma-kata aiki. Zazen, chanting.
<b>Friday</b>	9:00 – 9:45am 6:30 – 7:15pm	Formal sitting: Chanting, Zazen, chanting. Formal Sitting: chanting, zazen, recorded teisho, Daruma-kata aiki.
<b>Saturday</b>	9:00 – 9:45am 6:30 – 7:15pm	Zazen, chanting. Zazen, chanting.
<b>Sunday</b>	9:00 – 10:00am 6:30 – 7:15pm	Formal sitting: Chanting, Zazen, chanting. Zazen, chanting.