

Daily Schedules

[View the practice calendar](#)

- [Honzan Dainen-ji / Zen Centre of Ottawa](#)
 - [Wolfville Zazenkai](#)
 - [Harrow Zazenkai](#)
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Honzan Dainen-ji / Zen Centre of Ottawa

Morning Formal Sitzings 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.

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

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

Harrow Zazenkai

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