

### Sunday half day program

8:45 AM Arrive, greet, setup, meditation instruction

9:00-9:25 zazen (first 5 minutes guided meditation)

Interval

9:30-9:55 zazen

Interval

10:00-10:15 encouraging words\*

10:20-10:45 extended break, walking meditation

10:45-11:10 zazen

Interval

11:15 informal ending circle (optional, some folks may leave early)

11:40 clean up depart

12 noon lock doors

\*dharma talk

### End Chant (You are welcome to chant)

May all beings know happiness and the causes of happiness

May all beings be free from suffering and the causes of suffering

May all beings never be separated from the great happiness that is beyond all misery

May all beings dwell in equanimity unaffected by attraction and aversion