Kannon Do
Zen Meditation Center

January 17, 2026 One-Day Sit/Zazenkai

8:45 Zendo opens

9:00 Welcome and orientation

9:15 Zazen

9:45 Kinhin

9:55 Zazen

10:25 Kinhin

10:35 Zazen

11:05 Outdoor Walking (rehearsal of doan ryo in the zendo)

11:35 Zazen

12:05 Noon Service

- Heart of Great Perfect Wisdom Sutra
- Hymn to the Perfection of Wisdom
- Enmei Jukku Kannon Gyo

12:25 Silent Lunch

1:10 Silent Break (Rehearsal of ceremony by doan ryo in zendo)

1:40 Zazen

2:20 Kinhin

2:30 Zazen

3:00 Dharma Talks and group discussions

- Jaune, Neal, Kigen reflections (25 min)
- Small group discussions (15 min) - discuss your experience with the precepts
- Group discussion (20 min)

Explain Bodhisattva Full Moon ceremony (Jaune/Neal)(5 min)

4:15 Setup for Bodhisattva Full Moon Ceremony

4:25 Bodhisattva Full Moon Ceremony (Ryaku Fusatsu)

5:10 Close