



BROOKLYN
ZEN CENTER

Boundless Mind Temple

Saturday Morning Schedule (No Dharma Talk):

8:45am Doors open

9:00am Zazen instruction

9:25am Han

9:40am Zazen (sitting meditation)

10:10am Kinhin (walking meditation)

10:20am Zazen (sitting meditation)

10:50am Kinhin (walking meditation)

11:00am Zazen (sitting meditation)

11:30am Service

11:50am Soji

12:10pm Tea