

The [Azai](#) We sit for a sitting in a similar to that of then chant for around 15 minutes.

We sit for zazen in the traditional Soto style, facing the wall. During the second sitting, the lead

After ending the session, we usually repair downstairs for tea and discussion. This is an opport

Meditation

25min

Zazen - sitting

5min

Kinhin - walking

25min

Zazen - sitting

Chanting

facing wall

[Robe sutra](#) (3 times)

facing in

[Heart sutra](#)

[Vows and Fueko](#)