

Time	Event	Leader
6:30A	4 Foundations	Chozen Roshi
7:30A	Chanting Service - GV	Monastics
8A	Zazen	Kisei
9A	loving kindness	Jogen
10A	awareness- movement in stillness	Jogen
11A	Meditation - metta for each State	Kodo
12P	Mindfulness Meditation	Bansho
1P	Talk and Practice	Jomon
2P	Toning	Chozen Roshi
3P	Guided movement/yoga	
4P	Zazen w/guidance	
5P	Embodied Loving Kindness Guided Meditation	Kisei
6P	Zazen w/guidance	

7P	Hogen Roshi Guided Meditation	Hogen Roshi
8P	Hogen Roshi Teaching	Hogen Roshi
9P	GV Choir	GV CHOIR
10P	Metta practice	Mushin
11P	Prayer of Kuntuzangpo	Kennyo
12A	Metta for the planet	Kodo
1A	Toning	Kisei
2A	Sussokan Breathing	Kennyo
3A	Polarity Ritual (Themed Free Movement Exercise)	Kisei
4A	GV Choir	Kosho
5A	Mu Chanting	Great Vow Residents
6A	Metta Guided Meditation/ Talk	Kisei
6:30A	VIGIL ENDS CEREMONY	