

**London Zen Centre**  
**9b Crouch Hill, London N4 4AP**

**Morning Practice**

**Monday - Friday**

**5:50 - 108 prostrations**

**6:05 – Zazen (meditation sitting) 30 min**

**6:35 - Morning bell chant and daily chanting**

**Saturday & Sunday**

**6:45 - 108 prostrations**

**7:00 - Morning bell chant and daily chanting**

**7:40 – Zazen, 30 min**

**Midday Practice**

**Sunday**

**11:00 - 108 prostrations**

**11:20 - Special chanting**

**12:00 – Zazen, 30 min**

**12.30 - 2 sutras**

**Evening Practice**

**Friday**

**19:00 -108 prostrations**

**19:20 - Special chanting**

**19:50 - Evening bell chant**

**20:20 – Zazen, 30 min**

**If you going to come for the morning practice, please call one day in advance.**

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