

DHARMA SANGHA
CRESTONE MOUNTAIN ZEN CENTER

- Han** - Wooden board calling to Zazen
- Zazen** - Sitting meditation in the Zendo
- Kinhin** - Walking Meditation
- Oryoki** - Ritual way of sharing a meal
- Soji** - Temple cleaning

* House Meetings for residents every first friday of the month at beginning of evening Han

We remain in silence from the beginning of the evening Han on until after Oryoki-Breakfast. Thank you!