

Sesshin Schedule

First evening

4pm Arrive
5pm Orientation
5:50pm Supper setup
6pm Supper
7:30pm Opening tea
- Comments
- Guidelines
9:30pm Lights out

Afternoon

2:20pm Zazen
3pm Informal tea
3:30pm Zazen
4:10pm Kinhin
4:20pm Zazen
4:50pm Supper Setup
5pm Supper

Daily schedule

6am Zazen
6:40am Kinhin
6:50am Zazen
7:30am Chanting
7:40am Soji: Temple Cleaning
8:05am Breakfast setup
8:15am Breakfast cleanup
9:30am Zazen
10am Dharma talk
11am Work period
12:15pm End work
Lunch setup
12:30pm Lunch
Cleanup
Break

Evening

7pm Zazen
7:30pm Zuiza
9:30pm Lights out

Last Day

6am Zazen
6:40am Kinhin
6:50am Zazen
7:30am Chanting
7:40am Soji
8:15am Breakfast
Cleanup
9:30am Zazen
10:10am Kinhin
10:20am Zazen
10:50am Closing tea
Comments
Closing ceremony