

## GENZO-E SESSHIN SCHEDULE

*September 15–19, 2010*

*Wednesday through Saturday*

4:45 wake up bell  
5:30 zazen  
6:05 kinhin  
6:15 zazen\*  
6:50 kinhin  
7:00 breakfast

8:30 zazen  
9:05 kinhin  
9:15 Dharma talk  
10:45 kinhin  
10:55 zazen  
11:30 kinhin  
11:40 Heart Sutra  
11:45 lunch

1:15 work  
2:00 tea  
2:25 zazen  
3:00 kinhin  
3:10 Dharma talk  
4:40 kinhin  
4:50 zazen  
5:25 kinhin  
5:35 supper

6:55 zazen/study  
7:30 kinhin  
7:40 zazen  
8:15 kinhin  
8:25 zazen  
9:00 end of day

*Sunday*

4:45 wake up bell  
5:30 zazen  
6:05 kinhin  
6:15 zazen  
6:50 kinhin  
7:00 breakfast  
  
8:40 zazen  
9:10 break  
9:30 zazen (informal)  
9:55 break  
10:00 Dharma talk  
11:30 sesshin ends  
with social tea

*\*orientation Wednesday*