

3 DAY SESSHIN SCHEDULE

Sesshin participants are required to be in attendance
for the full sesshin schedule

4:45	wake-up bell	4:45	wake-up bell	4:45	wake-up bell
5:30	zazen	5:30	zazen	5:30	zazen
6:05	kinhin	6:05	kinhin	6:05	kinhin
6:15	zazen	6:15	zazen	6:15	zazen
6:50	kinhin	6:50	kinhin	6:50	kinhin
7:00	breakfast	7:00	breakfast	7:00	breakfast
8:20	zazen	8:20	zazen	8:20	zazen
8:50	kinhin	8:50	kinhin	8:50	kinhin
9:05	Dharma talk	9:05	Dharma talk	9:05	Dharma talk
10:05	kinhin	10:05	kinhin	10:05	kinhin
10:20	zazen	10:20	zazen	10:20	zazen
10:55	kinhin	10:55	kinhin	10:55	kinhin
11:05	zazen	11:05	zazen	11:05	zazen
11:40	kinhin	11:40	kinhin	11:40	kinhin
11:50	<i>Heart Sutra</i>	11:50	<i>Heart Sutra</i>	11:50	<i>Heart Sutra</i>
12:00	lunch	12:00	lunch	12:00	lunch
1:30	work	1:30	work	1:30	work
3:00	tea	3:00	tea	3:00	tea
3:30	zazen	3:30	zazen	3:30	zazen
4:00	kinhin	4:00	kinhin	4:00	kinhin
4:15	zazen	4:15	zazen	4:15	zazen
4:45	kinhin	4:45	kinhin	4:45	kinhin
5:00	zazen	5:00	zazen	5:00	zazen
5:30	kinhin	5:30	kinhin	5:30	<i>Merging ...</i>
5:45	supper	5:45	supper	5:35	sesshin ends
7:00	zazen	7:00	zazen		
7:30	kinhin	7:30	kinhin		
7:45	zazen	7:45	zazen		
8:15	kinhin	8:15	kinhin		
8:30	zazen	8:30	zazen*		
9:00	end of day	9:00	end of day		

Dokusan times are green

* Day 2: *Fukanzazengi* recited at 8:50 pm