

ROHATSU SESSHIN SCHEDULE

Sesshin participants are required to be in attendance
for the full sesshin schedule for each day that they are registered.

DAYS 1 & 2

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

8:20 zazen
8:50 kinhin
9:05 Dharma talk
10:05 kinhin
10:20 zazen
10:55 kinhin
11:05 zazen
11:40 kinhin
11:50 *Heart Sutra*
12:00 lunch

1:30 work
3:00 tea
3:30 zazen
4:00 kinhin
4:15 zazen
4:45 kinhin
5:00 zazen
5:30 kinhin
5:45 supper

7:00 zazen
7:30 kinhin
7:45 zazen
8:15 kinhin
8:30 zazen
9:00 end of day

DAYS 3 & 4

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

8:20 zazen
8:50 kinhin
9:05 Dharma talk
10:05 kinhin
10:20 zazen
10:55 kinhin
11:05 zazen
11:40 kinhin
11:50 *Heart Sutra*
12:00 lunch

1:30 work
3:00 tea
3:30 zazen
4:00 kinhin
4:15 zazen
4:45 kinhin
5:00 zazen
5:30 kinhin
5:45 supper

7:00 zazen
7:30 kinhin
7:45 zazen
8:15 kinhin
8:30 zazen*
9:00 end of day

DAY 5

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

8:20 zazen
8:50 kinhin
9:05 Dharma talk
10:05 kinhin
10:20 zazen
10:55 kinhin
11:05 zazen
11:40 kinhin
11:50 *Heart Sutra*
12:00 lunch

1:30 work
3:00 tea
3:30 zazen
4:00 kinhin
4:15 zazen
4:45 kinhin
5:00 zazen
5:30 *Merging ...*
5:35 sesshin ends

Dokusan times are green

* Day 4: *Fukanzazengi* recited at 8:50 pm