

## SESSHIN SCHEDULE

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

SESSHIN EVE	DAYS 1 & 2	DAYS 3 & 4	DAY 5
	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>
	5:40 supper	5:40 supper	5:35 closing
			5:45 sesshin ends
7:00 zazen*	7:00 zazen	7:00 zazen	
7:30 set-up**	7:30 kinhin	7:30 kinhin	
7:45 zazen	7:45 zazen	7:45 zazen	
8:15 kinhin	8:15 kinhin	8:15 kinhin	
8:30 zazen	8:30 zazen	8:30 zazen***	
9:00 end of day	9:00 end of day	9:00 end of day	

Dokusan times are green

\* orientation

\*\* oryoki instruction

\*\*\* *Fukanzazengi* recited at 8:50 pm