

RZC DAILY SESSHIN SCHEDULE

First Night

6:55 p.m.	Warning bell
7:00	Zazen and Opening ceremony
~9:25	End of formal zazen; Four Vows

Each Day

4:10 a.m.	Wake-up bell
4:25	Outdoor kinhin
4:45	Zazen; chanting
7:00	Breakfast
7:20	Work period
8:25	Bell ending work period; rest period
9:25	Zazen warning bell
9:30	Zazen
10:15	Teisho
11:25	Zazen
12:30 p.m.	Lunch, followed by rest period
1:25	Zazen warning bell
1:30	Zazen
3:30	Chanting
3:50	Calisthenics
4:40	Zazen
5:15	Dinner, followed by rest period
6:50	Zazen warning bell
7:00	Zazen
~9:25	End of formal zazen; Four Vows; concluding ritual
	Tea and fruit available in kitchen

Last Day

	Same as other days, until
after teisho	Zazen and final dokusan
~1:00 p.m.	Final words , followed by closing ceremony
2:00	Lunch (optional)