

2-Day Sesshin Schedule

First Night

- 7:25 p.m..... Warning bell
- 7:30 Sesshin begins
- 9:25 End of formal zazen; Four Vows

Saturday

- 4:10 a.m..... Wake-up bell
- 4:25 Outdoor kinhin
- 4:45 Zazen; chanting; Private Instruction
- 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 Dharma Talk
- 11:25 Zazen
- 12:30 p.m..... Lunch, followed by rest period
- 1:50 Zazen warning bell
- 2:00 Zazen & Private Instruction
- 4:00 Chanting
- 4:20 Calisthenics
- 5:00 Zazen
- 5:35 Dinner, followed by rest period
- 6:55 Zazen warning bell
- 7:00 Zazen & Private Instruction
- 9:25 End of formal zazen; chanting of Four Vows;
Tea and fruit available in kitchen

Last Day

- 4:10 a.m..... Wake-up bell
- 4:25 Outdoor kinhin
- 4:45 Zazen; chanting; Private Instruction
- 7:00 Breakfast
- Through Dharma Talk..... Same as Saturday
- After talk..... Zazen & Private Instruction
- ca 1:00..... Final words, followed by chanting & lunch