

Weekend Sesshin Schedule

Saturday

- 6:00 am Zendo Opens
- 6:25 Tea. In the zendo
- 6:30 Opening Words by the Teacher/Zazen
- 7:00 Zazen/Sosan (required 1:1 meeting with the teacher)
- 8:20 Breakfast
- 8:45 Samu (work practice) and rest

- 9:30 Sutra Service
- 10:00 Zazen
- 11:00 Extended Kinhin outdoors
- 11:30 Zazen
- 12:30 Lunch

- 2:30 Zazen
- 3:00 pm Teisho

[Conclusion for zazenkai participants]

- 4:00 Zazen/Dokusan
- 5:00 Extended Kinhin
- 6:00 Supper break

- 7:30 Zazen
- 8:00 Zazen/Dokusan
- 8:30 pm Closing Ceremony

Sunday

- 6:25 am Tea in the zendo
- 6:30 Zazen
- 7:00 Zazen/Dokusan
- 8:20 Breakfast
- 9:30 Sutra Service
- 10:00 Zazen
- 11:30 am Closing Ceremony