

Sesshin Schedule Friday-Sunday--no Tenzo

Everyone is asked to bring their own food which can be prepared quickly. Kitchens are available for food prep.

Friday		Saturday		Sunday	
5:30AM	Wake up	5:30AM	Wake up	5:30AM	Wake up
6:00AM	Zazen	6:00AM	Zazen	6:00AM	Zazen
6:30AM	Kinhin	same as Friday		6:30AM	Kinhin
6:40AM	Zazen	7:40AM	Service	6:40AM	Closing council
7:10AM	Kinhin	8:20AM	Breakfast	8:20AM	Breakfast
7:20AM	Zazen	9:00AM	Zazen	9:30AM	Gate of Sweet Nectar
7:40AM	Service	9:30AM	Kinhin	9:50AM	Zazen
8:20AM	Breakfast	9:40AM	Zazen	10:15AM	Kinhin
9:00AM	Zazen	10:10AM	Kinhin	10:25AM	Zazen
9:30AM	Kinhin	10:20AM	Zazen	11:00AM	Dharma Talk
9:40AM	Opening Council	10:50AM	End/Break		
10:50AM	End/Break	11:10AM	Work		
11:10AM	Working together	12:45PM	End Samu		
12:45PM	End Samu	1:15PM	Lunch		
1:15PM	Lunch	2:00PM	Zazen		
2:00PM	Zazen	2:30PM	Kinhin		
2:30PM	Kinhin	2:40PM	Dharma Talk		
2:40PM	Zazen	3:10PM	End/Break		
3:10PM	End/Break	3:30PM	Exercise		
3:30PM	Exercise	4:30PM	Zazen		
4:30PM	Zazen	5:00PM	Kinhin		
5:00PM	Kinhin	5:10PM	Zazen		
5:10PM	Zazen	5:35PM	Dinner Break		
5:35PM	Dinner Break	7:00PM	Zazen		
7:00PM	Zazen	7:30PM	Kinhin		
7:30PM	Kinhin	7:40PM	Zazen		
7:40PM	Zazen	8:10PM	Kinhin		
8:10PM	Kinhin	8:20PM	Zazen		
8:20PM	Zazen	8:50PM	Four Vows		
8:50PM	Four Vows				