

Sesshin Schedule Zazenkai 10/22/16

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

Friday

5:30AM Wake up
6:00AM Zazen
6:30AM Kinhin
6:40AM Zazen
7:10AM Kinhin
7:20AM Zazen
7:40AM Service
8:20AM Breakfast
9:00AM Zazen
9:30AM Kinhin
9:40AM Zazen
10:50AM End/Break
11:10AM Working together
12:45PM End Samu
1:15PM Lunch
2:00PM Zazen
2:30PM Kinhin
2:40PM Zazen
3:10PM End/Break
3:30PM Exercise
4:30PM Zazen
5:00PM Kinhin
5:10PM Zazen
5:35PM Dinner Break
7:00PM Zazen
7:30PM Kinhin
7:40PM Zazen
8:10PM Kinhin
8:20PM Zazen
8:50PM Four Vows

Sunday

9:30AM Gate of Sweet Nectar
9:50AM Zazen
10:15AM Kinhin
10:25AM Zazen
11:00AM Dharma Talk