

Sesshin Schedule – Tuesday to Sunday (No Tenzo/ No Cook)

Please bring your own food, which can be prepared quickly. Kitchen is available for food prep.

Tuesday	Wednesday – 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	6:30AM Kinhin	6:30AM Verse of the Kesa/Kinhin
6:40AM Zazen	6:40AM Zazen	6:40AM Closing Council
7:10AM Verse of the Kesa/Kinhin	7:10AM Verse of the Kesa/Kinhin	
7:20AM Service	7:20AM Service	
8:20AM Breakfast	8:20AM Breakfast	8:20AM Breakfast
9:00AM Zazen	9:00AM Zazen	
9:30AM Kinhin	9:30AM Kinhin	9:30AM Gate of Sweet Nectar
9:40AM Opening Council	9:40AM Zazen	9:50AM Zazen
	10:10AM Kinhin	10:15AM Kinhin
	10:20AM Zazen	10:25AM Zazen
10:50AM End/Break	10:50AM End/Break	10:50AM End/Break
11:10AM Work	11:10AM Work	11:00AM Dharma Talk
12:45PM End Work	12:45PM End Work	
1:15PM Lunch	1:15PM Lunch	
2:00PM Zazen	2:00PM Zazen	
2:30PM Kinhin	2:30PM Kinhin	
2:40PM Zazen	2:40PM Dharma Talk	
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	