

3-DAY SESSHIN SCHEDULE

ON SITE & ONLINE

THURSDAY EVENING:

7:15 Bonsho (15 minutes)
7:30 **Zazen**
8:10 Opening talk & guidelines
8:20 Kinhin
8:30 **Zazen**
8:50 Four Vows – 8:55 Pillow Bell – 9:00 Lights Out

FRIDAY – SATURDAY

4:30 am Wake Up
4:45 Bonsho (15 min bell))
5:00 **Zazen**
5:40 Kinhin (10 min slow walking)
5:50 **Zazen**
6:30 *Service, chanting*
7:00 Morning meal, rest
8:30 Work practice (8:23 wood sound, meet outdoors or in Sangha house)
10:30 Clean up (wood sound)
11:00 **Zazen** (10:53 bell)
11:30 Kinhin
11:40 **Zazen**
12:10 Kinhin
12:20 **Zazen**
12:55 *Service, chanting*
1:05 Noon meal, rest
3:00 **Zazen** (2:53 bell)
3:30 Kinhin
3:40 **Zazen**
4:10 Soji (clean zendo)
4:40 **Zazen**
5:10 Kinhin
5:20 **Zazen**
5:50 *Service*
6:00 Evening meal, rest
7:30 **Zazen** (7:23 bell)
8:10 Kinhin
8:20 **Zazen**
8:50 Four Vows – 8:55 Pillow Bell – 9:00 Lights Out

SATURDAY

11:40 **Zazen**
12:15-1pm **Dharma Talk**
1:05 Noon meal, rest

SUNDAY

4:30 am Wake Up
4:45 Bonsho (15 min bell)
5:00 **Zazen**
5:40 Kinhin (10 min slow walking)
5:50 **Zazen**
6:30 *Service, chanting*
7:00 Morning meal, rest
8:30 Work practice (8:23 wood sound) 1 hour
9:30 Clean up (wood sound 9:23)
10:00 **Zazen** (9:53 bell)
10:30 Kinhin
10:40 **Zazen**
11:10 Kinhin
11:20 **Zazen**
11:50 *Service, chanting*
12:00 Noon meal

1:30 **Zazen** (1:23 bell)
2:00 Kinhin
2:10 **Zazen**
2:40 Kinhin
2:50 **Zazen**
3:20 Four Vows/Circle Ceremony
3:30 Tea & cookies in Sangha House
4:00 End of sesshin