

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**
 12:15–1:00pm **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
 6:50 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, 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