

7-DAY SESSHIN SCHEDULE

SUNDAY EVENING	7:00 pm	Check-in	
	7:30	Zazen (meditation); 7:15 outdoor bell	
	8:10	Shuso opening talk & guidelines	
	8:30	Zazen , 8:53 Four Vows, 9:00 Sleep	
MONDAY–SUNDAY MORNING	4:30 am	Wake-up running bell (15 min)	
	4:45	Wake up (15 min bell)	
	5:00	Zazen	
	5:40	Kinhin (10 min slow walking)	
	5:50	Zazen	
	6:30	<i>Service, chanting</i>	
	6:55	Morning meal, rest	
	8:30	Work practice (8:23 han, wood sound, go to work circle)	
	10:30	Clean up (10:23 han, wood sound)	
	11:00	Zazen (10:53 bell)	
	11:30	Kinhin	
	11:40	Zazen	
	12:10	Kinhin	
	12:20	Zazen	
	12:55	<i>Service, chant</i>	
	1:05	Noon meal, rest	
	3:00	Zazen (2:53 bell)	
MONDAY–SATURDAY AFTERNOON	3:30 pm	Dharma Talk: Tue/Thu by Shuso, Wed by Hojo-san, Fri by Roshi, Sat by Shuso	
	4:30	Break (10min)	MONDAY
	4:40	Zazen	3:30 Kinhin
	5:05	Kinhin	3:40 Zazen
	5:15	Zazen	4:10 Soji
	5:50	<i>Service</i>	4:40 Zazen
	6:00	Evening meal, rest	5:10 Kinhin
	7:30	Zazen (7:23 bell)	5:20 Zazen
	8:10	Kinhin	
	8:20	Zazen	
	8:45	Four Vows, 8:55 Pillow Bell	
SUNDAY (following morning zazen, service, meal)	8:30 am	Work practice, one hour (8:23 han, wood sound)	
	9:30	Clean up (9:23 han, wood sound)	
	10:00	Zazen	
	10:30	Kinhin	
	10:40	Zazen	
	11:10	Kinhin	
	11:20	Zazen	
	11:50	<i>Service, chanting</i>	
	12:00	Noon meal & 1:05 rest	
	1:30 pm	Zazen (1:23 bell)	
	2:00	Kinhin	
	2:10	Zazen	
	2:40	Kinhin	
	2:50	Zazen	
	3:20	Four Vows & Circle Ceremony	
	4:00	Take photo outside Zendo	
DOKUSAN INTERVIEW: <i>11 am–12:50 pm</i> <i>7:30–8:45 pm</i>	4:10	Tea & cookies in Sangha House	
	4:45	Ango participants return to rooms for a silent break	
	6:30	Informal dinner for residents/Ango guests only (No zazen or Bonscho tonight)	