

## Three-Day Sample Sesshin Schedule *(subject to change)*

### **Thursday**

6:20p Arrive at the center

7:00 **Orientation & Zazen**

8:50 Evening Chanting

10:00p Lights out

### **Friday & Saturday**

4:20a Wake up

5:00 Zazen

5:30 Kinhin

5:40 Zazen

6:15 Kinhin

6:25 Zazen

6:50 **Morning Liturgy Service**

7:10 Breakfast - Oryoki

8:35 **Work Period/Caretaking**

9:25 **Break**

9:55 Zazen

10:30 Kinhin

10:40 Zazen

11:10 Kinhin

11:20 Zazen

11:55 **Noon Liturgy Service**

12:10 Lunch - Oryoki

1:20p *Rest Period*

2:40 Zazen

3:10 Kinhin

3:20 Zazen

3:50 Kinhin

4:00 Zazen

4:30 Kinhin

4:40 Zazen

5:10 **Evening Liturgy Service**

5:15 Dinner - informal

6:50 Zazen

7:25 Kinhin

7:30 Zazen

8:05 Kinhin

8:15 Zazen

8:50 Evening Chanting

10:00p Lights out

### **Sunday**

4:20a Wake up

5:00 Zazen

5:30 Kinhin

5:40 Zazen

6:15 Kinhin

6:25 Zazen

6:50 **Morning Liturgy Service**

7:10 Breakfast - Oryoki

8:15 **Break/Clean-up**

9:00 Zazen

9:35 Kinhin

9:45 Zazen

10:20 **Final Work Period**

11:15-12:00p *Sesshin Closing Circle*