



Interim Schedule

Monday

| | |
|---------|--------------------|
| 7:00 am | Zazen (optional) |
| 8:00 am | Service (optional) |

Tuesday

| | | | |
|---------|--------------------|---------|------------------|
| 7:00 am | Zazen (optional) | 7:00 pm | Zazen (optional) |
| 8:00 am | Service (optional) | | |

Wednesday - Saturday

| | | | |
|---------|-------------------------|----------|-------------------------|
| 5:15 am | Wake up | 12:30 pm | Lunch |
| 5:45 am | Zazen | 2:00 pm | Work meeting / practice |
| 7:00 am | Service | 5:30 pm | Supper (own) |
| 7:20 am | Breakfast | 7:00 pm | Zazen |
| 8:45 am | Work meeting / practice | 8:20 am | Four Vows |

Sunday

| | | | |
|----------|----------------------------|----------|-------------------------|
| 7:30 am | Breakfast | 12:30 pm | Lunch |
| 8:00 am | Work meeting (dining hall) | 2:00 pm | Work meeting / practice |
| 9:30 am | Service | 5:00 pm | Finish work practice |
| 9:50 am | Zazen | | |
| 11:20 am | Dharma talk | | |



Training Period Schedule

Monday

| | |
|---------|---------|
| 7:00 am | Zazen |
| 8:00 am | Service |

Tuesday

| | | | |
|---------|---------|---------|-----------|
| 7:00 am | Zazen | 3:30 pm | Zazen |
| 8:00 am | Service | 5:20 pm | Service |
| | | 7:00 pm | Zazen |
| | | 8:50 pm | Four vows |

Wednesday - Saturday

| | | | |
|---------|-------------------------|----------|--------------------------|
| 4:45 am | Wake up | 12:30 pm | Service / lunch |
| 5:15 am | Zazen | 2:00 pm | Work meeting / practice |
| 7:00 am | Service | 2:30 pm | Optional exercise period |
| 7:20 am | Breakfast | 3:30 pm | Zazen |
| 8:45 am | Work meeting / practice | 5:20 pm | Service |
| | | 5:30 pm | Supper |
| | | 7:00 pm | Zazen |
| | | 8:50 pm | Four vows |

Sunday

| | | | |
|----------|----------------------------|----------|-------------------------|
| 7:30 am | Breakfast | 12:30 pm | Lunch |
| 8:00 am | Work meeting (dining hall) | 2:00 pm | Work meeting / practice |
| 9:30 am | Service | 4:00 pm | Zazen |
| 9:50 am | Zazen | 5:00 pm | Service (nenju) |
| 11:20 am | Dharma talk | | |



Weekend Sesshin Schedule

Friday

| | | | |
|--|--|---------|------------------|
| | | 3:30 pm | Registration |
| | | 5:30 pm | Supper |
| | | 7:30 pm | Zazen |
| | | 8:00 pm | Zendo procedures |

Saturday

| | | | |
|----------|-------------------------|----------|---------------------|
| 5:30 am | Wake up | 12:45 pm | Lunch |
| 6:00 am | Zazen | 3:30 pm | Zazen |
| 7:40 am | Service | 5:20 pm | Supper |
| 8:00 am | Breakfast | 7:00 pm | Zazen |
| 9:15 am | Work meeting / practice | 7:40 pm | Dharma talk / zazen |
| 10:30 am | Clean-up / break | 8:20 pm | Four vows |
| 11:00 am | Zazen | 8:25 pm | Zazen (optional) |
| 11:40 am | Dharma talk | | |

Sunday

| | | | |
|----------|----------------------------|----------|-------|
| 5:30 am | Wake up | 12:30 pm | Lunch |
| 6:00 am | Zazen | | |
| 7:00 am | Concluding remarks | | |
| 7:30 am | Breakfast | | |
| 8:00 am | Work meeting (dining hall) | | |
| 9:30 am | Service | | |
| 9:50 am | Zazen | | |
| 11:20 am | Dharma talk | | |



3-Day Sesshin Schedule

Thursday

| | | | |
|--|--|---------|---------------------------------|
| | | 3:30 pm | Registration |
| | | 5:30 pm | Supper |
| | | 6:30 pm | Service position holder meeting |
| | | 7:30 pm | Zazen |
| | | 8:00 pm | Zendo procedures |
| | | 8:50 pm | Four vows |
| | | 9:30 pm | Lights Out |

Friday - Saturday

| | | | |
|----------|-------------------------|----------|----------------|
| 4:40 am | Wake up | 12:30 pm | Zazen |
| 5:10 am | Zazen | 1:00 pm | Lunch (formal) |
| 7:00 am | Service | 3:30 pm | Zazen |
| 7:20 am | Breakfast (informal) | 5:20 pm | Supper |
| 8:45 am | Work meeting / practice | 7:00 pm | Zazen |
| 10:30 am | Clean-up / break | 8:50 pm | Four vows |
| 11:00 am | Zazen | 9:30 pm | Lights out |
| 11:40 am | Dharma talk | | |

Sunday

| | | | |
|----------|----------------------------|----------|-------|
| 4:40 am | Wake up | 12:30 pm | Lunch |
| 5:10 am | Zazen | | |
| 6:30 am | Concluding remarks / nenju | | |
| 7:00 am | Breakfast (informal) | | |
| 8:00 am | Work meeting (dining hall) | | |
| 9:30 am | Service | | |
| 9:50 am | Zazen | | |
| 11:20 am | Dharma talk | | |



7-Day Sesshin Schedule

Sunday

| | | | |
|--|--|---------|---------------------------------|
| | | 3:30 pm | Registration |
| | | 5:30 pm | Supper |
| | | 6:30 pm | Service position holder meeting |
| | | 7:30 pm | Zazen |
| | | 8:00 pm | Zendo procedures |
| | | 8:50 pm | Four vows |
| | | 9:30 pm | Lights Out |

Monday - Saturday

| | | | |
|----------|-------------------------|----------|----------------|
| 4:40 am | Wake up | 12:30 pm | Zazen |
| 5:10 am | Zazen | 1:00 pm | Lunch (formal) |
| 7:00 am | Service | 3:30 pm | Zazen |
| 7:20 am | Breakfast (informal) | 5:20 pm | Supper |
| 8:45 am | Work meeting / practice | 7:00 pm | Zazen |
| 10:30 am | Clean-up / break | 8:50 pm | Four vows |
| 11:00 am | Zazen | 9:30 pm | Lights out |
| 11:40 am | Dharma talk | | |

Sunday

| | | | |
|----------|----------------------------|----------|-------|
| 4:40 am | Wake up | 12:30 pm | Lunch |
| 5:10 am | Zazen | | |
| 6:30 am | Concluding remarks / nenju | | |
| 7:00 am | Breakfast (informal) | | |
| 8:00 am | Work meeting (dining hall) | | |
| 9:30 am | Service | | |
| 9:50 am | Zazen | | |
| 11:20 am | Dharma talk | | |