

SESSHIN DAILY SCHEDULE

FIRST NIGHT

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| PM 6:55 | | Warning bell rung for Opening Ceremony |
| 7:00 | | Opening Ceremony followed by zazen |
| 9:30 | | End of formal zazen: Four Vows, concluding ritual |

EACH DAY

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| AM 4:00 | | Wake-up bell |
| 4:20 | | Indoor fast kinhin |
| 4:35 | | Zazen and dokusan |
| 6:45 | | Breakfast |
| 7:10 | | Work period |
| 8:15 | | Bell ending work period, start of rest period |
| 9:30 | | Zazen |
| 10:15 | | Teisho |
| 11:15 | | Zazen |
| PM 12:30 | | Lunch, followed by rest period |
| 2:00 | | Dogen's Way zazen and dokusan |
| 4:00 | | Chanting |
| 4:20 | | Stretching exercises |
| 5:00 | | Metta bhavana |
| 5:30 | | Dinner, followed by rest period |
| 7:00 | | Zazen and dokusan |
| 9:30 | | End of formal zazen: Four Vows, concluding rituals |
| 10:00 | | Refreshments available in kitchen |

LAST AFTERNOON

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|----------------|-------|--|
| Morning | | Same schedule |
| 9:30 | | Zazen |
| 9:50 | | Teisho, followed by zazen and dokusan |
| End of Dokusan | | Final words, followed by closing ceremony sesshin take down, house set up, supper |