

Sesshin Schedule

| | |
|--------------|---|
| 5.30 | Wakeup Bell |
| 6.00 | Tea Ceremony / Zazen with Kentan & Dokusan |
| 8.00 | Breakfast / Breakfast Cleanup |
| 8.50 | Work Practice |
| 10.30 | Chanting |
| 11.00 | Zazen |
| 12.00 | Lunch / Lunch Cleanup / Rest period |
| 2.00 | Tea Ceremony / Zazen |
| 3.00 | Walking Meditation |
| 3.30 | Zazen with Dokusan |
| 5.30 | Evening Meal / Meal Cleanup / Rest |
| 7.00 | Zazen |
| 8.00 | Teisho |
| 9.30 | Lights out |