

Sesshin Schedule

Full Day Schedule

4:45 a.m. Wake Up Bell
5:10 Zazen/Kinjin
6:00 Zazen
6:40 Morning Service
7:15 Cleaning
7:45 Breakfast in Zendo
8:45 Samu
10:15 Clean-up
10:45 Zazen/Kinjin
11:35 Zazen
12:15 Noon Service
12:30 Lunch in Zendo
2:00 Samu
3:00 Clean-Up
3:30 Zazen/Kinjin*
4:20 Zazen

5:00 Evening Service
5:30 Dinner in Zendo
6:45 Zazen/Kinjin**
7:35 Zazen/Kinjin
8:25 Zazen
9:05 Closing

Sunday Schedule

4:45 a.m Wake Up Bell
5:10 Zazen
5:50 Morning Service
6:20 Cleaning
6:50 Breakfast
7:40 Sesshin Clean-Up
9:00 a.m. Sunday Program

* Lecture will be offered at the priest's discretion.
** Sanzen will be offered at the priest's discretion.

Sesshin Etiquette

Below are a few guidelines about sesshin participation:

- ✦ Avoid talking unless absolutely necessary. Pass notes when needed. If you have to speak with someone, do so quietly and away from the group. It's also best to avoid eye contact and other non-verbal communication.
- ✦ If you need oryoki instruction, please let the Retreat Leader know.
- ✦ Meal chant cards are available in the windowsill on each side of the room. Please take one before each meal begins if you need to.
- ✦ In the morning, after the wake-up bell there is no call for people to come to the zendo. When we wake up, it's best to take care of what needs to be taken care of and come directly to the zendo.