



Sesshin Schedule

We offer sesshins in the style of our root temple Sanshinji. Okumura Roshi adopted this „no entertainment“-style from his own root temple Antaiji.

Thursday

Arrival by 6 pm, dinner and instructions

20:10 zazen

21:30 end of day

Sunday

03:40 wake-up bells

04:10 - 05:00 zazen

05:00 - 05:10 kinhin

05:10 - 06:00 zazen

06:00 - 06:10 kinhin

06:10 - 07:00 zazen

07:00 - 08:00 breakfast and rest

08:10 - 09:00 zazen

09:00 - 09:10 kinhin

09:10 - 10:00 zazen

10:00 - 10:10 kinhin

10:10 - 11:00 zazen

11:00 - 12:00 lunch and clean-up

afterwards **end of sesshin**



Sesshin Schedule

Friday, Saturday

03:40 wake-up bells

04:10 - 05:00 zazen

05:00 - 05:10 kinhin

05:10 - 06:00 zazen

06:00 - 06:10 kinhin

06:10 - 07:00 zazen

07:00 - 08:00 breakfast and rest

08:10 - 09:00 zazen

09:00 - 09:10 kinhin

09:10 - 10:00 zazen

10:00 - 10:10 kinhin

10:10 - 11:00 zazen

11:00 - 11:10 kinhin

11:10 - 12:00 zazen

12:00 - 13:00 lunch and rest

13:10 - 14:00 zazen

14:00 - 14:10 kinhin

14:10 - 15:00 zazen

15:00 - 15:10 kinhin

15:10 - 16:00 zazen

16:00 - 16:10 kinhin

16:10 - 17:00 zazen

17:00 - 17:10 kinhin

17:10 - 18:00 zazen



Sesshin Schedule

18:00 - 19:00 **dinner and rest**

19:10 - 20:00 zazen

20:00 - 20:10 kinhin

20:10 - 21:00 zazen

21:30 **end of day**

registration and further information: info@daijiji.org