



## Sesshin Schedule

### Wednesday

17:00 Arrival

18:00 Dinner

19:00 Introduction - Zendo - Oryoki

20:30 Zazen

21:10 Sesshin rules - introduction talk

21:30 End of day (Zendo remains open if anyone wants to continue sitting)

### Thursday - Saturday

04:00 Wake-up call

04:30 Zazen

05:20 Kinhin

05:30 Zazen

06:10 Kinhin

06:20 Zazen

07:00 Morning service

07:20 Oryoki breakfast

08:30 Break

09:30 Zazen

10:10 Samu

11:10 End of Samu

11:30 Zazen

12:10 Service

12:20 Oryoki Lunch

13:10 Break

14:10 Kinhin or qigong outside

15:30 Zazen

16:10 Set-up for dharma talk

16:20 Dharma talk

17:00 Break

17:20 Zazen

18:00 Service

18:20 Informal dinner

18:50 Break

19:05 Zazen

19:45 Kinhin

19:55 Zazen

20:35 Kinhin

20:45 Zazen

21:15 End of day (Zendo remains open if anyone wants to continue sitting)



## Sunday

04:00 Wake-up call

04:30 Zazen

05:20 Kinhin

05:30 Zazen

06:10 Kinhin

06:20 Zazen

07:00 Morning service

07:20 Oryoki breakfast

08:30 Break

09:30 Zazen

10:10 Set-up dharma talk

10:20 Dharma talk

11:00 Break

11:20 Samu

12:20 Informal lunch

13:00 Ende of Sesshin/ sharing and  
discussion at request