

7-DAY SESSHIN DAILY SCHEDULE

FIRST NIGHT

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

AM 4:00	Wake-up bell
4:20	Outdoor or indoor kinhin
4:35	Zazen and dokusan
6:45	Breakfast
7:10	Work period
8:45	Bell ending work period, start of rest period
10:00	Zazen
10:40	Teisho
11:30	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	Mettabhavana
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

Morning	Same schedule
10:00	Zazen
10:20	Teisho, followed by zazen and dokusan
End of Dokusan	Final words, followed by closing ceremony sesshin take down, house set up, supper