

2022 Hybrid 7-Day Sesshin Schedule

Sesshin Starts on Saturday Evening

| First Evening of Sesshin | |
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| 7–8:30 p.m. | Opening ceremony, followed by <i>zazen</i> |
| Subsequent Days | |
| 5:30–8:00 a.m. | <i>Verse of Kesa; Way of the Bodhisattva; zazen and dokusan</i> |
| 8:00 | Breakfast followed by work period for those in residence |
| 9:30 | <i>Zazen</i> |
| 9:45 | Teisho followed by <i>kinhin</i> |
| After <i>kinhin</i> –12:00 p.m. | <i>Zazen and dokusan</i> |
| 12:00 p.m. | Lunch followed by short work period for those in residence |
| 2:00–4:00 | <i>Zazen and dokusan</i> |
| 4:00 | Chanting followed by <i>zazen</i> |
| 4:45 | Dinner followed by break/showers |
| 6:30–8:30 | <i>Zazen and dokusan</i> |
| Last Day | |
| 5:30 a.m.–9:45 a.m. | Same as other days |
| 9:45 a.m. | Teisho followed by <i>zazen</i> and <i>dokusan</i> |
| End of <i>dokusan</i> | Final words followed by closing ceremony (approx. 1:00) |