

# JATAKA SESSHIN DAILY SCHEDULE

## FRIDAY NIGHT

PM 6:55	.....	Warning bell rung for Opening Ceremony
7:00	.....	Opening Ceremony followed by zazen
9:00	.....	End of formal zazen: Four Vows

## SATURDAY & SUNDAY

AM 4:30	.....	Wake-up bell
5:00	.....	WAY OF THE BODHISATTVA, zazen and dokusan
6:30	.....	Breakfast
7:00–9:00	.....	Work period
9:00–10:30	.....	Rest period/informal zazen
10:30	.....	Jataka Tale talk and discussion/informal zazen
PM 12:30	.....	Informal lunch followed by rest period
2:00	.....	Dogen's Way zazen and dokusan
4:00	.....	Chanting followed by informal zazen
5:15	.....	Dinner followed by rest period
7:00	.....	Dogen's Way zazen and dokusan
9:00	.....	End of zazen, Four Vows
9:30	.....	Refreshments available in dining room

## MONDAY–THURSDAY

AM 4:30	.....	Wake-up bell
5:00	.....	WAY OF THE BODHISATTVA, zazen and dokusan
6:30	.....	Breakfast followed by unscheduled time
PM 12:30	.....	Informal lunch
5:15	.....	Dinner
6:30	.....	Chanting: SANDOKAI
End of chanting	.....	Jataka Talk
End of talk	.....	Kinhin, zazen and dokusan
9:45	.....	Refreshments available in dining room

## FRIDAY MORNING

AM 4:00	.....	Wake-up bell
4:30	.....	Zazen and dokusan
End of Dokusan	.....	Final words, followed by Closing Ceremony Housecleaning, Breakfast