

2021 Hybrid Rohatsu Sesshin Schedule

Sesshin Starts on Saturday Evening

First Evening of Sesshin	
7-8:30 p.m.	Opening ceremony, followed by zazen
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	Zazen
9:45	Teisho followed by kinhin
After kinhin-12:00 p.m.	Zazen and dokusan
12:00 p.m.	Lunch followed by short work period for those in residence
2:00-4:00	Zazen and dokusan
4:00	Chanting followed by zazen
4:45	Dinner followed by break/showers
6:30-8:30	Zazen and dokusan
Last Day	
5:30 a.m.-9:45 a.m.	Same as other days
9:45 a.m.	Teisho followed by zazen and dokusan
End of dokusan	Final words followed by closing ceremony (approx. 1:00)