

2020 Virtual Sesshin Schedule

All Virtual Sesshins Start on Friday Evening

Friday	
7-8:30 p.m.	Opening ceremony, followed by zazen
Subsequent Days	
6:00-8:00 a.m.	<i>Verse of Kesa; Way of the Bodhisattva; zazen and dokusan</i>
8:00	Break (breakfast, cleaning, etc.)
9:15	Zazen
9:30	Teisho
10:40-12:00 p.m.	Zazen resumes (private instruction offered)
12:00 p.m.	Break for lunch
1:30-3:30	Zazen and dokusan
3:30	Chanting followed by unscheduled time
6:30-8:30	Zazen and dokusan
Last Day	
6:00 a.m.-3:30 p.m.	Same as other days
3:30 p.m.	Closing ceremony