

# New Years - Virtual Sesshin Schedule

## **Thurs 12/30**

7:00p Zazen  
7:40p Kinhin  
7:50p Zazen  
8:20p Four Vows

3:40p Kinhin  
3:50p Zazen  
4:20p Kinhin  
4:30p Zazen  
5:00p Dinner

*Break*

## **Fri 12/31**

6:00a Zazen & Dokusan  
6:40a Kinhin  
6:50a Zazen (30 min)  
7:20a Kinhin  
7:30a Zazen (30 min)  
8:00a *Verse of the Kesa* & Meal  
Chant

6:30p Zazen  
7:00p Break  
7:10p Fusatsu Ceremony  
7:45p Virtual Fire Puja  
8:20p End/Break

*Break*

9:30p Zazen & Kinhin  
12:15a Metta Prayer & Four  
Bodhisattva Vows

*Break*

9:15a Service  
9:40a Zazen (15 min)  
9:55a End Zazen  
10:00a Dharma Talk  
11:00a Zazen  
11:35a Kinhin  
11:45a Zazen  
12:30p Lunch

*Break*

2:30p Stretching  
3:00p Break  
3:10p Zazen & Dokusan

## **Sat 1/1**

7:00a Zazen  
7:40a Kinhin  
7:50a Zazen  
8:20a Kinhin  
8:30a Zazen  
9:00a Breakfast

*Break*

10:00a Closing Circle