

Rohatsu Sesshin – Virtual

Saturday

7:00p Zazen (40 min)

7:40p Kinhin

7:50p Zazen (30 min)

8:20p Four Vows

3:40p Kinhin

3:50p Zazen (30 min)

4:20p Kinhin

4:30p Zazen (30 min)

5:00p Meal Chant, Dinner

Break

6:30p Zazen (35 min) &
Dokusan

7:05p Kinhin

7:15p Zazen (30 min)

7:45p Kinhin

7:55p Zazen (25 min)

8:20p Four Bodhisattva Vows

Full Days

6:00a Zazen (40min) & 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, Breakfast

Break

9:15a Service

9:40a Zazen (13-ish min)

9:53a End Zazen

10:00a Dharma Talk

11:15a Zazen

11:50a Kinhin

12:00p Zazen

12:30p Meal Chant, Lunch

Break

2:30p Stretching (30 min)

3:00p Break

3:10p Zazen (30min) & Dokusan

Final Saturday

6:00a Zazen (40 min) &
Dokusan

6:40a Kinhin

6:50a Zazen (25 min)

7:15a *Verse of the Kesa*

7:20a Closing Circle

8:00a Breakfast

Break

8:45a Samu

9:45a Zazen (30 min)

10:15a Break

10:30a Shuso Hossen Ceremony