

Virtual Sesshin Schedule – Summer 2021

Saturday

7:00p Zazen (40 min)
7:40p Kinhin
7:50p Zazen (30 min)
8:20p Four Vows (Doan)

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

Break

9:15a Service
9:40a Zazen (13-ish min)
9:53a End Zazen
10:00a Dharma Talk
11:15a *Samu (in-person)*
11:15a Zazen (35 min)
11:50a Kinhin
12:00p Zazen (30 min)
12:30p Meal Chant
Break
3:00p Stretching (30 min) & Dokusan
3:30p Kinhin

3:40p Zazen (30 min)
4:10p Kinhin
4:20p Zazen (40 min) w/wiggle bell
5:00p Meal Chant
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

Saturday

6:00a Zazen (40 min) & 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
Break
9:45a Zazen (30 min)
10:15a Kinhin
10:25a Zazen (25 min)
10:50a *Break*
11:00a Closing Circle