

Weekend Virtual Sesshin Schedule

Friday

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

Saturday

6:00a Zazen (40 min)
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 (15 min)
9:55a End Zazen
10:00a Dharma Talk
11:10-ish Zazen
11:45-ish Kinhin
11:55-ish Zazen
12:30p Samu Chant
Break
3:00p Zazen (35 min)
3:35p Kinhin
3:45p Zazen (35 min)

4:20p Kinhin
4:30p Zazen (30 min)
5:00p Meal Chant
Break
6:30p Zazen (35 min)
7:05p Kinhin
7:15p Zazen (30 min)
7:45p Kinhin
7:55p Zazen (25 min)
8:20p Four Vows

Sunday

6:00a Zazen (40 min)
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

10:15a Zazen (30 min)
10:45a Kinhin
10:55a Zazen (25 min)
11:20a *Break*
11:30a Closing Circle