

Weekend Sesshin – Virtual

Friday

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

Break

Saturday

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

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

Break

9:15a Service
9:40a Zazen (13-ish min)
9:53a End Zazen
10:00a Dharma Talk
11:15a Zazen (35 min)
11:50a Kinhin
12:00p Zazen (30 min)
12:30p Meal Chant
Break
2:30p Stretching (30 min)
3:00p Break
3:10p Zazen (30min) & Dokusan

Sunday

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 (40 min)
10:25a *Break*
10:35a Closing Circle