

# Weekend Sesshin – In-Person

## Friday

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

## Saturday

6:00a Zazen (40min) & Dokusan  
6:40a Kinhin  
6:50a Zazen (30 min)  
7:20a Kinhin  
7:30a Zazen (30 min)  
8:00a 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 Lunch  
*Break*  
2:30p Stretching (30 min)  
3:00p Break  
3:10p Zazen (30min) & Dokusan

3:40p Kinhin  
3:50p Zazen (30 min)  
4:20p Kinhin  
4:30p Zazen (30 min)  
5:00p 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

## 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 Breakfast  
*Break*  
8:45a Samu  
9:45a Zazen (40 min)  
10:25a *Break*  
10:35a Closing Circle