

# City Center

## Typical Sesshin Schedule

### 7-Day Sesshin

5:00	Wake-up bell	2:55	End of Work
5:15	First bell	3:15	Exercise: Outdoor kinhin, stretching, or yoga
5:25	Zazen		
5:55	Kinhin	4:00	Tea (dining room)
6:05	Zazen	4:20	First Bell
6:35	Service (Buddha Hall)	4:30	Zazen
7:05	Soji	4:55	Kinhin
7:20	Breakfast (zendo)	5:05	Zazen
8:20	Break	5:30	Kinhin
9:15	First Bell	5:40	Zazen
9:25	Zazen	6:20	Service (zendo)
10:00	Densho begins	6:30	Dinner (dining room)
10:15	Dharma Talk	7:10	Break
11:00	Kinhin	7:40	First Bell
11:15	Zazen	7:50	Zazen
12:20	Service (zendo)	8:20	Kinhin
12:30	Lunch (zendo)	8:30	Zazen
1:25	Break	8:55	Refuges
2:10	Work Meeting (courtyard)		<i>Hot drink available in kitchen</i>