

Online Sesshin Sample Schedule

Sunday - Saturday
(Saturday will have a different afternoon schedule)

| | | | |
|---------|----------------------|--------|--------------|
| 5:50am | Zazen | 3:20pm | Tea |
| 6:15 | Interval | 3:50 | Kinhin |
| 6:20 | Zazen | 4:00 | Zazen |
| 6:50 | Service | 4:30 | Kinhin |
| 7:00 | Day 1 Orientation | 4:40 | Zazen |
| 7:30 | Breakfast/break | 5:20 | Kinhin |
| 9:25 | Zazen | 5:30 | Zazen |
| 10:00 | Densho begins | 6:10 | Service |
| 10:15 | Dharma talk | 6:20 | Dinner break |
| 11:00 | Kinhin | 7:50 | Zazen |
| 11:15 | Zazen with interval | 8:20 | Kinhin |
| 12:15pm | Service | 8:30 | Zazen |
| 12:30 | Lunch break | 8:55 | Refuges |
| 1:45 | Work practice begins | | |
| 2:20 | End of work | | |
| 2:30 | Exercise time | | |
| 3:10 | End exercise time | | |

*The schedule on the final day will differ and end earlier.