

# Rohatsu 3-Day Sesshin **DRAFT SCHEDULE**

Thursday December 7, 2022 - Saturday December 9, 2022

## Thursday, Dec. 7 and Friday Dec. 8, 2023

	5:30 am	First Bell (call to zazen)
	5:40 am	Zazen (with interval)
	6:40 am	Service
	6:50 am	Orientation ( <i>day 1 only</i> )
offline	7:00 am	Breakfast and Rest
	9:15 am	First Bell
	9:25 am	Zazen
	10:00 am	Densho (call to Dharma Talk)
	10:15 am	Dharma Talk
	11:00 am	Kinhin (walking meditation)
	11:15 am	Zazen (with interval)
	12:20 pm	Service
offline	12:30 pm	Lunch / Rest
	2:00 pm	Work (cleaning or other maintenance of your own space)
	2:50 pm	End of Work
	3:05 pm	Mindful stretching
	3:55 pm	Silent Tea (Day 1) / Group Practice Discussion Session (Day 2)
	4:15 pm	First Bell

	4:25 pm	Zazen (30min)
	4:55 pm	Kinhin
	5:05 pm	Zazen (30min)
	5:35 pm	Kinhin
	5:45 pm	Zazen (35min)
	6:20 pm	Service
Offline	6:30 pm	Dinner
	7:40	First Bell
	7:50	Zazen (30min)
	8:20	Kinhin
	8:30	Zazen (25min)
	8:55	Refuges

## Saturday Dec. 9, 2023

	5:30 am	First Bell (call to zazen)
	5:40 am	Zazen (with interval)
	6:40 am	Service
offline	7:00 am	Breakfast / Rest
	9:15 am	First Bell
	9:25 am	Zazen
	10:00 am	Densho (call to Dharma Talk)
	10:15 am	Dharma Talk
	11:00 am	Kinhin (walking meditation)
	11:15 am	Zazen (with interval)
	12:20 pm	Service
offline	12:30 pm	Lunch / Rest
	1:50 pm	First Bell
	2:00 pm	Zazen
	2:40 pm	Closing Words / End of sesshin