

Sesshin Schedule

4:30 am wake up
4:50 am on cushion
5:00 am morning sutras – tea – zazen
6:00 am sanzen
7:55 am Breakfast
9:00 am Samu
9:30 am end of Samu
9:50 am on cushion
10:00 am Zazen
12:00 pm Lunch
1:45 pm on cushion
1:55 pm Teisho
3:30 pm zazen
4:00 pm chi kung
4:55 pm Supper
6:30 pm Zazen
7:30 pm Sanzen
9:30 pm Sarei, Sutra, yaza