

GREAT TREE SESSHIN SCHEDULE

First Evening

- 4:00 Arrive
5:00 Orientation
5:50 Supper Setup
Supper
Supper Cleanup
7:30 Opening Tea:
Comments: Sesshin
leader
Read Sesshin Guidelines
Zuiza (Free Sitting)
9:30 End of Day/Lights Out

DAILY SCHEDULE

Morning

- 6:00 *Zazen*
6:40 *Kinhin*
6:50 *Zazen*
7:30 Chanting
7:40 *Soji* (Short Temple
Cleaning)
8:15 Breakfast
Cleanup
Break
9:30 *Zazen*
10:00 Dharma Talk
11:00 *Kinhin*
11:10 *Zazen*
11:50 Lunch setup
12:00 Lunch
Lunch Cleanup
Break

Afternoon

- 1:50 Work Period
2:50 Cleanup
3:00 Tea
3:30 *Zazen*
4:10 *Kinhin*
4:20 *Zazen*
4:50 Supper Setup
5:00 Supper
Supper Cleanup

Evening

- 7:00 *Zazen*
7:30 *Zuiza*
9:30 End of Day

Last Day

- 6:00 *Zazen*
6:40 *Kinhin*
6:50 *Zazen*
7:30 Chanting
7:40 *Soji*
8:15 Breakfast
Cleanup
Break
9:30 *Zazen*
10:10 *Kinhin*
10:20 *Zazen*
10:50 Closing Tea
Comments
Closing Ceremony