

SPRING SESSHIN

SCHEDULE

Sesshin provides an opportunity to take a break from multitasking and cell phones for just a few moments in our often hectic and drama filled lives. It provides the space to pause and celebrate the change of the seasons.

Spend some time with yourself in complete silence...who knows what you may hear?

In Gassho

FRIDAY EVENING

7:30-8:45 PM	Friday Night Service Zazen-Kinhin-Zazen (30/5/30 x1)
8:45-9:45 PM	Supper
9:45 PM	Zazen-Kinhin (25/5 x2)
11:00 PM	End of Day

SATURDAY

6:00 AM	Wake up
Zazen Kai (6:30 AM-NOON)	
6:30 AM	Zazen-Kinhin (25/5 x3)
8:00-8:30 AM	Breakfast
8:30 AM	Zazen-Kinhin (25/5 x3)
10:00-10:30 AM	Break
10:30 AM	Zazen-Kinhin (25/5 x3)
12:00-1:00 PM	Lunch
1:00-2:00 PM	Samu (work period)
2:00-4:00 PM	Rest
4:00 PM	Zazen-Kinhin (25/5 x5)
6:30 PM	Supper
7:30 PM	Zazen-Kinhin (25/5 x3)
9:00 PM	Tea
9:30 PM	Zazen-Kinhin (25/5 x3)
11:00 PM	End of Day

SUNDAY MORNING

6:00 AM	Wake up
6:30 AM	Zazen-Kinhin (25/5 x3)
8:00-8:30 AM	Breakfast
8:30-9:45 AM	Prepare Zendo
10:00 AM	Sunday Service Zazen (40 x1) Buddha Café
	End of Sesshin



*Sangha of the
Compassionate
Heart*

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