

# SESSHIN SCHEDULE

4:15 wake-up

4:35 exercise

5:15 - 5:55 zazen + kesa verse

6:05 chanting

6:50 - 7:30 zazen

~7:30 breakfast

8:45 - 9:15 zazen

9:30 - 10:30 zazen + teisho

10:45 - 11:10 zazen

11:10 - 12:00 work

~12:00 lunch, dishes & tea

13:45-14:25 zazen

14:40-15:20 zazen

15:35-16:00 zazen

->chanting

17:00 dinner (free)

18:40-19:20 zazen

19:35-20:15 zazen

20:30-21:10 zazen + 4 vows