

NYOHO-E SEWING GATHERING

Buddha's Robe for Nyoze's Shinsanshiki (Mountain Seat Ceremony)

April 17 – 21, 2023

MONDAY – THURSDAY

5:00 am	Wake-up (15 min. bell)
5:15	Zazen (meditation)
5:50	Kinhin (10 min. slow walking meditation)
6:00	Zazen
6:35	Service, chanting
7:05	Informal morning meal
8:30	Soji (8:23 han)
9:00	Morning Sewing
12:00 pm	Sangha house chanting
12:05	Informal noon meal
2:00	Afternoon Sewing
5:00	Rest break
6:00	Informal evening meal
7:30	Evening Sewing
8:55	Four Vows
9:00	Sleep

FRIDAY

3:00	Four Vows
3:10	Clean-up
4:00	Tea & cookies in Sangha House

Overnight lodging and meals provided by donation