

# 7-DAY SESSHIN SCHEDULE

## SUNDAY EVENING

7:00 pm Check-in  
 7:30 **Zazen** (meditation); 7:15 outdoor bell  
 8:10 Shuso opening talk & guidelines  
 8:30 **Zazen**, 8:53 Four Vows, 9:00 Sleep

## MONDAY–SUNDAY MORNING

4:30 am Wake-up running bell (15 min)  
 4:45 Wake up (15 min bell)  
 5:00 **Zazen**  
 5:40 Kinhin (10 min slow walking)  
 5:50 **Zazen**  
 6:30 *Service, chanting*  
 6:55 Morning meal, rest  
 8:30 Work practice (8:23 han, wood sound, go to work circle)  
 10:30 Clean up (10:23 han, wood sound)  
 11:00 **Zazen** (10:53 bell)  
 11:30 Kinhin  
 11:40 **Zazen**  
 12:10 Kinhin  
 12:20 **Zazen**  
 12:55 *Service, chant*  
 1:05 Noon meal, rest  
 3:00 **Zazen** (2:53 bell)

## MONDAY–SATURDAY AFTERNOON

3:30 pm Dharma Talk: Tue/Thu by Shuso, Wed by Hojo-san, Fri by Roshi, Sat by Shuso  
 4:30 Break (10min)  
 4:40 **Zazen**  
 5:05 Kinhin  
 5:15 **Zazen**  
 5:50 *Service*  
 6:00 Evening meal, rest  
 7:30 **Zazen** (7:23 bell)  
 8:10 Kinhin  
 8:20 **Zazen**  
 8:50 Four Vows, 8:55 Pillow Bell

## MONDAY

3:30 Kinhin  
 3:40 **Zazen**  
 4:10 Soji  
 4:40 **Zazen**  
 5:10 Kinhin  
 5:20 **Zazen**

## SUNDAY

(following morning zazen, service, meal)

8:30 am Work practice, one hour (8:23 han, wood sound)  
 9:30 Clean up (9:23 han, wood sound)  
 10:00 **Zazen**  
 10:30 Kinhin  
 10:40 **Zazen**  
 11:10 Kinhin  
 11:20 **Zazen**  
 11:50 *Service, chanting*  
 12:00 Noon meal & 1:05 rest  
 1:30 pm **Zazen** (1:23 bell)

## DOKUSAN

## INTERVIEW:

11 am–12:50 pm

7:30–8:45 pm

2:00 Kinhin  
 2:10 **Zazen**  
 2:40 Kinhin  
 2:50 **Zazen**  
 3:20 Four Vows & Circle Ceremony  
 4:00 Take photo outside Zendo  
 4:10 Tea & cookies in Sangha House  
 4:45 **Ango participants** return to rooms for a silent break  
 6:30 **Informal dinner** for residents/Ango guests only (No zazen or Bonscho tonight)