

City Center

Typical Sesshin Schedule

7-Day Sesshin

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|-------|--------------------------|------|---|
| 5:00 | Wake-up bell | 2:55 | End of Work |
| 5:15 | First bell | 3:15 | Exercise: Outdoor kinhin, stretching, or yoga |
| 5:25 | Zazen | | |
| 5:55 | Kinhin | 4:00 | Tea (dining room) |
| 6:05 | Zazen | 4:20 | First Bell |
| 6:35 | Service (Buddha Hall) | 4:30 | Zazen |
| 7:05 | Soji | 4:55 | Kinhin |
| 7:20 | Breakfast (zendo) | 5:05 | Zazen |
| 8:20 | Break | 5:30 | Kinhin |
| 9:15 | First Bell | 5:40 | Zazen |
| 9:25 | Zazen | 6:20 | Service (zendo) |
| 10:00 | Densho begins | 6:30 | Dinner (dining room) |
| 10:15 | Dharma Talk | 7:10 | Break |
| 11:00 | Kinhin | 7:40 | First Bell |
| 11:15 | Zazen | 7:50 | Zazen |
| 12:20 | Service (zendo) | 8:20 | Kinhin |
| 12:30 | Lunch (zendo) | 8:30 | Zazen |
| 1:25 | Break | 8:55 | Refuges |
| 2:10 | Work Meeting (courtyard) | | <i>Hot drink available in kitchen</i> |