

JATAKA SESSHIN DAILY SCHEDULE

FRIDAY NIGHT

PM 6:55	Warning bell rung for Opening Ceremony
7:00	Opening Ceremony followed by zazen
9:00	End of formal zazen: Four Vows

SATURDAY & SUNDAY

AM 5:00	Wake-up bell
5:20	WAY OF THE BODHISATTVA, zazen and dokusan
7:00	Breakfast
7:30–9:00	Work period
9:00–10:30	Rest period/informal zazen
10:30	Jataka Tale teisho and discussion/kinhin, zazen
PM 12:30	Informal lunch followed by rest period
2:00	Zazen and dokusan
4:00	Chanting followed by zazen
5:00	Dinner followed by rest period
7:00	Zazen and dokusan
9:00	End of zazen, Four Vows
9:30	Refreshments available in dining room

MONDAY & TUESDAY

AM 4:30	Wake-up bell
4:50	WAY OF THE BODHISATTVA, zazen and dokusan
6:30	Breakfast followed by unscheduled time
PM 12:30	Informal lunch
5:15	Dinner
6:30	Jataka Teisho
End of talk	Kinhin, zazen and dokusan
End of dokusan	Four Vows
9:45	Refreshments available in dining room

WEDNESDAY MORNING

AM 4:00	Wake-up bell
4:20	Zazen and dokusan
End of Dokusan	Final words, followed by Closing Ceremony Housecleaning, Breakfast