

## WORK SESSHIN—DAILY SCHEDULE

### FIRST NIGHT

PM 6:55	.....	Warning bell rung for Opening Ceremony
7:00	.....	Opening Ceremony
7:45	.....	Zazen
9:00	.....	End of formal zazen: Four Vows

### EACH DAY

AM 5:00	.....	Wake-up bell. Tea in dining room.
5:20	.....	Zazen and dokusan
7:15	.....	Breakfast
8:00	.....	Work period
9:45	.....	Break in link
10:00	.....	Work resumes
11:45	.....	Bell ending work period, clean-up
PM 12:00	.....	Lunch, followed by rest period
1:30	.....	Outdoor work/Housecleaning
3:00	.....	Bell ending work period, clean-up
3:15	.....	Wash-up period (see shower schedule)
4:15	.....	Chanting, followed by informal zazen
5:00	.....	Dinner, followed by rest period
7:00	.....	Zazen and dokusan
9:00	.....	End of formal zazen: Four Vows
9:30	.....	Refreshments available in kitchen

### LAST DAY

Until 8:00	.....	Same as other days
9:30	.....	Break in link
10:45	.....	Bell ending work period, clean-up
11:00	.....	Wash-up period (see <u>Last Day</u> shower schedule)
12:00	.....	Zazen, dokusan
End of Dokusan	.....	Closing words, followed by closing ceremony sesshin take down, house set up, supper