

2022 3-Day Virtual Sesshin Schedule

Starts on Thursday Evening

| | |
|--------------------------|---|
| First Evening of Sesshin | |
| 7–8:30 p.m. | Opening ceremony, followed by zazen |
| Subsequent Days | |
| 6:00–8:00 a.m. | <i>Verse of Kesa; Way of the Bodhisattva; zazen and dokusan</i> |
| 8:00 | Break (breakfast, cleaning, etc.) |
| 9:15 | Zazen |
| 9:40 | Teisho followed by kinhin |
| 10:40–12:00 p.m. | Zazen and dokusan |
| 12:00 p.m. | Break for lunch |
| 1:30–3:30 | Zazen and dokusan |
| 3:30 | Chanting followed by unscheduled time |
| 6:30–8:30 | Zazen and dokusan |
| Last Day | |
| 6:00 a.m.–9:30 a.m. | Same as other days |
| 9:40 a.m. | Teisho followed by zazen and dokusan |
| End of dokusan | Final words followed by closing ceremony (approx. 1:30) |