

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