

Sesshin Schedule - summer

3:30 am wake up
3:50 am on cushion
4:00 am morning sutras – Baito – Han – zazen -
kinhin
5:00 am sanzen
6:55 am Breakfast – Zazen – Samu
8.00 am tea with Roshi for different groups
8:30 am end of Samu
8:50 am on cushion
9:00 am Zazen
10:55 am Lunch
12:50 pm on cushion
1:00 pm Teisho
2:30 pm zazen
3:00 pm Chi kung or Kinhin
3:55 pm Supper
6:20 om on cushion
6:30 pm Zazen
7:30 pm Han – Kinhin - Sanzen
9:30 pm Sarei – Sutra - yaza