

Typical Sesshin Schedule

4:20 Wake up
4:40 Outdoor kinhin
5:00 Zazen and Dokusan
5:40 Morning Service
6:20 Zazen and Dokusan
7:00 Zazen and Dokusan
7:30 Breakfast
8:15 Work practice
9:20 Rest Break
10:15 Zazen and Dokusan
10:50 Dharma Talk
11:25 Zazen and Dokusan
12:00 Lunch and Individual Practice
14:00 Dogen's Way and Dokusan
16:00 Afternoon Service
16:30 Yoga
17:30 Dinner and Rest Break
19:00 Zazen and Dokusan
19:40 Zazen and Dokusan
20:20 Zazen and Dokusan
21:00 Zazen and Dokusan
21:30 End of formal Practice

Zazen - sitting meditation

Kinhin - walking meditation

Dokusan - one to one talk with teacher

between 2 periods of zazen there is usually appr. 10 minutes of kinhin