

Virtual Sesshin Schedule May 12th - May 16th, 2020

04:50am	Seated in Zendo; <i>Gosei</i>
05:00am	Choka - Sutras; sampai
05:40am	<i>Han</i>; Zazen [<i>short period</i>]
05:55am	Kinhin
06:05am	Zazen; Zazen
06:55am	Breakfast / Cleanup / Break
08:30am	Samu; <i>Clappers</i>
10:30am	Samu ends; <i>Clappers</i>
10:50am	Seated Outside Zendo; <i>Gosei</i>
11:00am	Outside Zazen [<i>on zendo deck, weather permitting</i>]
11:55am	Lunch / Cleanup / Break
1:50pm	Seated in Zendo; <i>Gosei</i>
2:00 pm	<i>Dharma Talk</i>; Zazen; Kinhin
3:00pm	Zazen; Zazen
4:00pm	Outside Practice/Study/Rest
5:00pm	Supper (optional, informal)/Cleanup
5:50 pm	Seated in Zendo; <i>Gosei</i>
6:00pm	Uninterrupted Zazen; <i>Han</i>; Kinhin
7:00pm	Zazen; Zazen; Kinhin
8:00pm	Zazen; Zazen
8:50pm	Closing Sutra; sampai
9:00pm	Kaichin (in kitchen) Yaza

Note

Events in Bold will be Broadcast via Zoom.
Other events are in-person only, or done individually.