

ASZC BUDDHA SESSHIN

DAILY SCHEDULE

SUNDAY MORNING

TYPICAL SCHEDULE

Buddha sesshin is an opportunity to deepen your practice of shikantaza, the “just sitting” of Soto Zen Buddhism.

Full attendance is encouraged, however as a lay practice we recognize responsibilities and also encourage partial attendance.

Please plan to attend the orientation and plan your entry and exit at break times.

Please be silent if leaving or arriving when full silence is being observed between Zendo evening closing until morning assignments (9:00 PM – 8:30 AM)

Opening Evening

7:00-7:30	Orientation
7:30	Open Zendo
7:30-9:00	Zazen+Kinhin (3 @ 25 - 05)
9:00 PM	Close Zendo

Morning

06:30 AM	Open Zendo
06:30-08:00	Zazen+Kinhin (3 @ 25 - 05)
08:00-09:00	Breakfast
09:00-12:00	Zazen+Kinhin (3 @ 50 - 10)
12:00-1:30	Lunch + Clean Assignments

Afternoon

1:30-2:00	Break / Exercise
2:00-3:30	Zazen (2 @ 40 - 10)
3:30-4:30	Dialog
4:30-6:00	Zazen+Kinhin (2 @ 40 - 10)
6:00-7:30	Supper + Clean

Evening

7:30	Open Zendo
7:30-9:00	Zazen+Kinhin (3 @ 25 - 05)
9:00 PM	Close Zendo

Public Day

06:30 AM	Open Zendo
06:30-08:00	Zazen+Kinhin (3 @ 25 - 05)
08:00-08:30	Breakfast
08:30-9:00	Cleaning Prepare for Public
09:00	Open Zendo
09:00-10:30	Zazen+Kinhin (3 @ 25-05)
09:00	Newcomers
10:30	Service
10:30-12:00	Talk & Tea
12:00-01:00	Lunch (Off Site)

