

ASZC DHARMA SESSHIN

TYPICAL SCHEDULE

Dharma Sesshin is an opportunity for you to deepen your understanding of the teachings of Buddhism in the context of intensive zazen. Text materials will be provided and the sesshin leader will deliver a series of talks on the subject, and facilitate study periods and dialog. During Dharma Sesshin you are encouraged to read only the material that is assigned. In this way you will be able to focus on the content offered, and through zazen, more fully integrate the content of the teaching into your direct experience. Please follow the schedule to the degree that you can (start/stop times do not show 5/10 minute kinhin/breaks):

OPENING EVENING

7:00-7:30 PM	Orientation
7:30	Open Zendo
7:30-9:00	Zazen-Kinhin (25/5 X 3)
9:00	Close Zendo

DAILY SCHEDULE

6:00 AM	Wake Up Bell
6:30	Open Zendo
6:30-8:00	Zazen-Kinhin (25/5 X 3)
8:00	Service
8:00-9:00	Breakfast & Clean
9:00-11:00	Zazen-Kinhin (50/10 X 2)
11:00-12:00N	Dharma Talk
12:00-1:00 PM	Lunch
1:00-2:00	Samu
2:00-3:30	Zazen-Kinhin (40/10 X 2)
3:30-5:00	Dharma Talk
5:00-6:30	Zazen-Kinhin (25/5 X 3)
6:30-7:30	Supper
7:30	Open Zendo
7:30-9:00	Zazen-Kinhin (25/5 X 3)
9:00	Close Zendo

SUNDAY MORNING

6:00 AM	Wake Up Bell
6:30 AM	Open Zendo
6:30-8:00	Zazen-Kinhin (25/5 X 3)
8:00-8:30	Breakfast
8:30-9:00	Prepare for Public
9:00	Newcomers / Open Zendo
9:00-10:25	Zazen-Kinhin (25/5 X 3)
10:25-10:30	Public Service
10:30-11:30	Dharma Talk
11:30-12:00N	Cleaning
12:00-1:00 PM	Survivors' Lunch (Offsite)

