

ASZC SANGHA SESSHIN

TYPICAL SCHEDULE

Sangha sesshin is an opportunity to deepen your understanding of the practice community by learning the traditional chants and protocols of Soto Zen liturgy and practices in a context of intensive zazen practice. While providing ample zazen time, sangha sesshin also provides more opportunity for personal interaction through chanting, work practice, training and discussion.

This sesshin format is ideal for both beginners and experienced practitioners, and is especially suited for those who can only attend a portion of the retreat.

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

DAILY SCHEDULE

06:30 AM	Open Zendo
06:30-08:00	Zazen+Kinhin (3 @ 25-05)
08:00	Service
08:00-09:00	Breakfast & Assignments
09:00-10:30	Zazen+Kinhin (3 @ 25-05)
10:30-11:00	Extended Service
11:00-12:00	Talk & Tea
12:00-1:00	Lunch
1:00-2:00	Samu (work)
2:00-3:30	Zazen+Kinhin (3 @ 25-05)
3:30-4:30	Chant / Protocol
4:30-6:30	Zazen+Kinhin (3 @ 35-05)
6:30-7:30	Supper
7:30	Open Zendo
7:30-9:00	Zazen+Kinhin
9:00 PM	Close Zendo

SUNDAY MORNING

06:30 AM	Open Zendo
06:30-08:00	Zazen+Kinhin (3 @ 25-05)
08:00-08:30	Breakfast
08:30-09:00	Prepare for Public
09:00-10:30	Zazen+Kinhin (3 @ 25-05) (Newcomers)
10:30	Heart Sutra Service
10:30-11:30	Dharma Talk
11:30-12:00	Samu
12:00	Lunch (off-site)



Revised 7/13/2010 – updates at: www.aszc.org