

Rohatsu Sesshin Schedule

You may drop in for any part of the week. Vegetarian meals will be served. Please email Shuji at vmintz@msn.com if you are joining any of the meals. The retreat is free; donations are welcome.

Schedule December 1 – December 6 (Sunday schedule below)

6:10 – 6:50	Zazen
6:50 – 7:00	Kinhin
7:00 – 7:40	Zazen
7:40 – 7:50	Morning service
7:50 – 8:00	Short Work Practice
8:00 – 9:00	Breakfast (open to all, if 4 or more people, Oryoki)
9:00 – 11:00	Work and/or Study
11:00 – 11:40	Zazen
11:40 – 11:55	Noon Service
12:00 – 12:30	Lunch (open to all, if 4 or more people, Oryoki)
12:30 – 1:00	Break
1:00 – 2:10	Work and/or Study
2:10 – 2:20	Break
2:20 – 3:00	Zazen
3:00 – 3:10	Kinhin
3:10 – 3:50	Zazen
3:50 – 4:00	Kinhin
4:00 – 4:40	Zazen
4:40 – 4:55	Evening Service
4:55 – 6:00	Dinner and break (open to all, if 4 or more people, Oryoki)
6:00 – 6:40	Zazen
6:40 – 7:00	Short Dharma talk
7:00 – 7:10	Kinhin
7:10 – 7:50	Zazen
8:00	End of Day

Sunday, December 7

7:10	Zazen
7:50	Kinhin
8:00	Zazen
8:40	Service, end of Rohatsu