

Des Moines Zen Center
Sesshin Schedule
May 29 – 30, 2015

If you plan to attend the oryoki lunch on Sat., May 30, please RSVP to info@dmzencenter.org.

Friday, May 29

7:30 – 8:00 PM	Talk – Intro to Sesshin	
8:00 – 8:40	Zazen	Fukanzazengi

Depart in silence

Saturday, May 30

Arrive in silence

8:00 – 8:40 AM	Zazen	
8:40 – 8:50	Kinhin (walking meditation)	
8:50 – 9:30	Zazen	
9:30 – 9:40	Morning service	Heart Sutra
9:40 – 10:00	Break, coffee, tea	
10:00 – 11:00	Yoga	
11:00 – 11:10	Break	
11:10 – 11:30	Zazen	
11:30 – 12:00 PM	Dharma Talk	
12:00 – 12:10	Noon service	Jijuyu Zammai
12:10 – 1:00	Oryoki lunch	
1:00 – 1:30	Break	
1:30 – 2:45	Work period	
3:00 – 3:40	Zazen	(Dokusan)
3:40 – 3:50	Kinhin	(Dokusan)
3:50 – 4:30	Zazen	(Dokusan)
4:30 – 4:40	Kinhin	(Dokusan)
4:40 – 5:20	Zazen	(Dokusan)
5:20 – 5:30	Evening service	Dai Hi Shin Dharani

End of sesshin

6:00 – 7:30 PM	Potluck dinner & cleanup	
7:30 – 9:00	Movie – “The Cup”	