

2015 Rohatsu Sesshin Schedule

Feel free to drop in for any part of the schedule, but please be aware of the times the Zen Center may be closed for short periods during the day.

Please email info@dmzencenter.org to sign-up for oryoki lunch. This allows for planning of the meals.

This sesshin is offered on a Dana donation basis.

Weekday Schedule:

8:00 – 8:40 Zazen

8:40 – 8:50 Morning Service (Heart Sutra)

9:00 – 9:30 Tea

9:30 – 11:00 Work/Study/Break

11:00 – 11:40 Zazen

11:40 – 11:50 Noon Service (Jijuyu Zammai)

12:00 – 12:30 Oryoki (dependent on participant sign-up)

****please note that the Zen Center may be closed between 12:00 and 1:30****

1:30 – 2:10 Zazen

2:10 – 2:20 Kinhin

2:20 – 3:00 Zazen

3:00 – 3:10 Kinhin

3:10 – 3:50 Zazen

3:50 – 4:00 Evening Service (Dai Hi Shin Dharani)

****please note the Zen Center will be closed between 4:00 and 6:00****

6:00 – 6:40 Zazen

6:40 – 6:50 Fukanzazengi