

# Earth Day Sesshin Schedule

Saturday, April 23, 2016

Des Moines Zen Center



7:00 – 7:40 am	Zazen	
7:40 – 7:50	Kinhin (walking meditation)	
7:50 – 8:30	Zazen	
8:30 – 8:40	Morning service	Heart Sutra
8:40 – 10:20	Oryoki breakfast, cleanup, break	
10:20 – 11:00	Zazen	
11:00 – 11:10	Kinhin	
11:10 – 11:50	Zazen	
11:50 – Noon	Noon service	Jijuyu Zammai
Noon – 1:30 pm	Oryoki lunch, cleanup, break	
1:30 – 2:45	Work period	
3:00 – 3:40	Zazen	
3:40 – 3:50	Kinhin	
3:50 – 4:30	Talk	“The Modern Campfire Story of the Earth”
4:30 – 4:40	Kinhin	
4:40 – 5:20	Zazen	
5:20 – 5:30	Evening service	Dai Hi Shin Dharani

End of sesshin