

Des Moines Zen Center Rohatsu Sesshin Schedule December 5 - December 11, 2016



Please stop by for any part of the schedule you wish. If you would like to stay for a meal, please let us know so we can prepare enough.

Monday through Friday Schedule (December 5 - 9)*

6:00 - 6:40 am Zazen
6:40 - 6:50 Kinhin
6:50 - 7:30 Zazen
7:30 - 7:40 Service (Heart Sutra)
Breakfast *(All are welcome to join us for breakfast, it will not be oryoki)*
11:00 - 11:40 Zazen
11:40 - 12:00 Service (Jijuyu-Zammai)
Lunch *(Oryoki lunch if at least five people register)*
4:20 - 5:00 pm Zazen
5:00 - 5:10 Kinhin
5:10 - 5:50 Zazen
5:30 - 5:40 Service (Dai Hi Shin Dharani)
Dinner *(Oryoki dinner if at least five people register)*
6:30 - 6:55 Dharma Talk
7:00 - 7:40 Zazen
7:40 - 7:50 Kinhin
7:50 - 8:30 Zazen (Fukanzazengi)

Saturday Schedule (December 10)

6:00 – 6:40 am	Zazen
6:40 – 6:50	Kinhin
6:50 – 7:30	Zazen
7:30 – 7:40	Service (Heart Sutra)
Breakfast (<i>Oryoki</i>)	
Informal Tea and Break	
9:20 – 10:00	Zazen
10:00 – 10:10	Kinhin
10:10 – 10:50	Zazen
10:50 – 11:00	Kinhin
11:00 – 11:40	Zazen
11:40 – 12:00	Service (Jijuyu-Zammai)
Lunch (<i>Oryoki</i>)	
1:30 – 3:00 pm	Work
3:00 – 3:30	Tea
3:30 – 4:10	Zazen
4:10 – 4:20	Kinhin
4:20 – 5:00	Zazen
5:00 – 5:10	Kinhin
5:10 – 5:50	Zazen
5:50 – 6:00	Service (Dai Hi Shin Dharani)
Dinner (<i>Oryoki</i>)	
7:30 – 8:10	Zazen
8:10 – 8:20	Kinhin
8:20 – 9:00	Formal Tea and Celebration

Sunday Schedule (December 11)

7:10 – 7:50 am	Zazen
7:50 – 8:00	Kinhin
8:00 – 8:40	Zazen
8:40 – 8:50	Service (Heart Sutra)

End of Sesshin

*Note: On Wednesday evening, there will be a 6 pm period of zazen followed by our monthly potluck dinner. This will be the last period of zazen on Wednesday.