

Rohatsu Sesshin Schedule

December 7 - 12, 2020
Des Moines Zen Center

Monday, December 7 thru Friday, December 11:

6:20 – 7:00 AM	Zazen (seated meditation)
7:00 – 7:10 AM	Morning service
6:00 – 6:40 PM	Zazen
6:40 – 6:50 PM	Kinhin (walking meditation)
6:50 – 7:30 PM	Zazen / Fukanzazengi

Saturday, December 12:

8:00 – 8:40 AM	Zazen
8:40 – 8:50 AM	Kinhin
8:50 – 9:30 AM	Zazen
9:30 – 10:00 AM	Morning service / extended version
10:00 – 10:15 AM	Break
10:15 – 11:00 AM	Story of the Buddha's enlightenment / discussion
11:00 – 11:10 AM	Break
11:10 – 11:50 AM	Zazen
11:50 AM – Noon	Noon service
Noon – 4:30 PM	Afternoon break
4:30 – 5:10 PM	Zazen
5:10 – 5:20 PM	Evening service
5:20 PM	End of sesshin