

Rohatsu Sesshin Schedule

December 6 - 11, 2021
Des Moines Zen Center

Monday, December 6 thru Friday, December 10:

8:00 – 8:40 AM	Zazen
8:40 – 8:50 AM	Morning service
6:00 – 6:40 PM	Zazen
6:40 – 6:50 PM	Kinhin
6:50 – 7:30 PM	Zazen / Fukanzazengi

Saturday, December 11:

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 – 10:30 AM	Break
10:30 – 11:10 AM	Zazen
11:10 – 11:20 AM	Kinhin
11:20 – Noon	Zazen
Noon – 12:10 PM	Noon service / End