

Rohatsu Sesshin Schedule 2023

December 4 – 10, 2023

Des Moines Zen Center

Monday, December 4 thru Friday, December 8:

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 9:

9:00 – 9:40 AM	Zazen
9:40 – 9:50 AM	Kinhin
9:50 – 10:30 AM	Zazen
10:30 – 10:40 AM	Kinhin
10:40 – 11:20 AM	Zen reading & discussion
11:20 – 11:30	Kinhin
11:30 – Noon	Zazen

Sunday, December 10:

Normal Sunday schedule. The dharma talk will be a reading of the story of the Buddha's enlightenment.