

Sesshin Schedule

Day 2-4 (May 27-29, 2026)

5:10	Wake-up bell	2:00	Work Meeting (<i>courtyard</i>)
5:30	Densho	2:40	End of Work
5:40	Zazen	2:50	Qigong/Stretching (<i>courtyard?</i>)
6:20	Kinhin	3:40	Tea (<i>dining room</i>)
6:30	Zazen	4:00	Densho
7:10	Bowing Practice (<i>zendo</i>)	4:10	Zazen
7:20	Breakfast (<i>zendo</i>)	4:50	kinhin
8:10	Break	5:00	Zazen
9:00	Densho	5:35	Kinhin
9:10	Zazen	5:45	Zazen
9:50	Kinhin	6:20	Bowing Practice (<i>zendo</i>)
10:00	Zazen	6:30	Dinner (<i>dining room</i>)
10:40	Kinhin (<i>courtyard</i>)	7:00	Break
11:00	Zazen	7:40	Densho
11:40	Kinhin	7:50	Zazen
11:50	Zazen	8:20	Kinhin
12:20	Bowing Practice (<i>zendo</i>)	8:30	Zazen
12:30	Lunch (<i>zendo</i>)	9:00	Refuges
1:20	Break		