

Five-Day Sesshin Schedule 2026 (5/26–5/30)

<u>Day 1</u>			
9:00	Check in	5:30	Kinhin
10:30	Sesshin Orientation (buddha hall)	5:00	Zazen
11:30	Oryoki Training	5:30	Bowing Practice (zendo)
12:30	Lunch (dining room)	5:40	
1:20	Break	6:20	Silent Dinner (dining room)
2:00	Work Meeting (courtyard)	6:30	Break
2:40	End of Work	7:00	Densho
2:50	Qigong/stretching	7:40	Zazen
3:40	Tea (Dining Room)	7:50	Kinhin
4:00	Densho	8:20	Zazen
4:10	Zazen (Tim meet with new students)	8:30	Refuges
4:50	Kinhin	9:00	
5:00	Zazen		

<u>Day 2-4</u>			
5:00	Wake-up bell	2:00	Work Meeting
5:30	Densho		(courtyard)
5:40	Zazen	2:40	End of Work
6:20	Kinhin	2:50	Qigong/Stretching
6:30	Zazen	3:40	Tea (Dining Room)
7:10	Bowing Practice	4:00	Densho
7:20	Oryoki Breakfast	4:10	Zazen
	(zendo)	4:50	Kinhin
8:10	Break	5:00	Zazen
9:00	Densho	5:30	Kinhin
9:10	Zazen	5:40	Zazen
9:50	Kinhin	6:20	Bowing Practice
10:00	Zazen	6:30	Silent Dinner (Dining
10:40	Kinhin (courtyard)		Room)
11:00	Zazen	7:00	Break
11:40	Kinhin	7:40	Densho
11:50	Zazen	7:50	Zazen
12:20	Bowing Practice	8:20	Kinhin
12:30	Oryoki Lunch	8:30	Zazen
	(zendo)	9:00	Refuges
1:20	Break		

<u>Day 5</u>			
5:00	Wake-up bell	1:00	Break
5:30	Densho	1:50	Work Meeting
5:40	Zazen		(courtyard)
6:20	Kinhin	2:30	End Work
6:30	Zazen	2:40	Tea (dining room)
6:55	FMC (Buddha Hall)	3:00	Densho
7:20	Oryoki Breakfast	3:10	Zazen
	(zendo)	3:45	Kinhin
8:10	Break	3:55	Zazen
9:15	Densho	4:30	Kinhin
9:25	Zazen	4:40	Zazen
10:00	Densho begins	5:10	Kinhin
10:15	Dharma Talk (Buddha	5:20	Zazen
	Hall)	5:50	Bowing Practice /
11:05	Open Kinhin		Refuges (zendo)
~11:20	Zazen		w/closing words
11:50	Bowing Practice	6:00	Dinner (dining room)
12:00	Oryoki Lunch (zendo)		
12:50	Cook's Jundo (zendo)		