



SAN FRANCISCO ZEN CENTER

FIVE AND SEVEN-DAY SESSHIN **March 22–March 28, 2026** **SCHEDULE**

Day 1 – Day 6

5:40	Optional Zazen (40 min)	
5:40	Wake-up bell	
6:20	First bell	3:50 Tea (dining room)
6:30	Zazen (30 min)	4:10 First bell
7:00	Service (Buddha Hall)	4:20 Zazen (30 min)
7:20	Soji	4:50 Kinhin
7:40	Oryoki Breakfast (Zendo)	5:00 Zazen (30 min)
8:40	Break	5:30 Kinhin
9:15	First bell	5:40 Zazen (30 min)
9:25	Zazen (35 min)	6:20 Service
10:00	Densho begins	6:30 Dinner (Dining Room)
10:15	Dharma Talk	7:10 Break
11:15	Open Kinhin	7:45 First bell
11:25	Zazen (35 min)	7:55 Zazen (35 min)
12:00	Service (Zendo)	8:30 Refuges
12:15	Oryoki Lunch (zendo)	8:40 Optional Zazen
1:15	Break	
2:15	Work Meeting	
3:00	End of work (Mindful Stretching in Buddha hall)	

Day 7

Shuso Ceremony - SCHEDULE TBD