

Zen and Work Intensive
3-day Sesshin Schedule (online & self-directed), March 26 – 28
Led by Marc Lesser and Susan O'Connell

Online Zendo Zoom link - <https://zoom.us/j/437703267> - Meeting ID: 437 703 267

Daily Schedules

Thursday & Friday Schedule, March 26 & 27

Early Morning — Online Zendo / Zoom Hosted

5:50-6:20 am	Zazen
6:20-6:30	Kinhin (walking meditation)
6:30-7:00	Zazen
7:00	Robe Chant (all on mute except kokyo)
7:02	Metta Chant (all unmute and repeat line-by-line after kokyo)
7:10	Soji / temple cleaning (10 min)
7:20	Breakfast & clean-up
8:00	Rest Period

Mid-Morning — Suggested Self-directed Sitting Schedule (no Zoom)

9:30-10:00 am	Zazen
10:00-10:10	Kinhin
10:10-10:40	Zazen
10:40-10:50	Kinhin
10:50-11:20	Zazen
11:20-11:30	Brief personal chanting service, e.g. Metta Sutta or Heart Sutra
LUNCH	Afternoon — Self-directed Work / Yoga / Rest

Afternoon — Online Zendo / Zoom Hosted

4:50pm	Zazen
5:20	Kinhin
5:30	Zazen
6:00	Brief Dharma Encouragement followed by time for Q&A
6:30	Dinner and Rest Period

Evening — Online Zendo / Zoom Hosted

7:30	Zoom zendo opens for quiet sitting prior to dharma talk
7:45	Dharma Talk (Zoom room opens for quiet sitting at 7:30pm)
8:30	Zazen
9:00	End day

Saturday Schedule, March 28

Early Morning — Online Zendo / Zoom Hosted (note later start time)

6:30-7:10 am	Zazen
7:10	Robe Chant (all on mute except kokyo)

7:12	Metta Chant (all unmute and repeat line-by-line after kokyo)
7:20	Breakfast & clean-up
8:00	Rest Period

Mid-Morning — Online Zendo / Zoom Hosted

9:25-10:00 am	Zazen
10:00-10:10	Kinhin or pre-Dharma Talk quiet sitting
10:15-11:00	Dharma Talk
11:00-11:20	Q&A
11:20-11:30	Personal chanting service, e.g. Metta Sutta or Heart Sutra

LUNCH

Afternoon — Self-directed Work / Yoga / Rest

Afternoon — Online Zendo / Zoom Hosted

4:50pm	Zazen
5:20	Kinhin
5:30	Brief Dharma Encouragement followed by small groups and Q&A
6:20	Sesshin Closing Statements by Marc & Susan
6:30	End Sesshin