

ONLINE
2020 Spring Practice Period

Three-Day Sesshin Schedule—June 3 – 6

Page 1: Wednesday, June 3 – Friday, June 5

Wednesday, June 3

- 6:30 *Dinner for Residents*
- 7:45 Opening Q&A and Orientation
No public talk this evening.
- 8:30 Zazen
- 8:55 Pali Refuges

Thursday and Friday, June 4 & 5

- | | |
|--|------------------------------------|
| 5:50 Zazen | 1:30 Zazen |
| 6:20 Kinhin | 2:00 Kinhin |
| 6:30 Zazen | 2:10 Q&A about Guided Meditation |
| 7:00 <i>Thursday: Suzuki Roshi Memorial</i> | 3:00 Kinhin |
| <i>Friday: Full Moon Ceremony</i> | 3:10 Zazen |
| 7:20 Soji | 3:40 Rest/Exercise/Tea |
| 7:40 Breakfast & Break | |
| 9:25 Zazen | 5:10 Zazen |
| 10:05 Kinhin | 5:40 Kinhin |
| 10:15 Tonglen Instruction
[Guided Meditation] | 5:50 Zazen |
| 10:45 Kinhin | 6:20 Service - Metta Sutta |
| 10:55 Tonglen Instruction
[Guided Meditation] | 6:30 <i>Dinner for Residents</i> |
| 11:25 Kinhin | 7:00 <i>Dinner Clean-up begins</i> |
| 11:35 Zazen | 7:35 Densho |
| 12:10 Service - Heart Sutra | 7:45 Dharma Talk |
| 12:20 Lunch & Break | 8:30 Zazen |
| | 8:55 Pali Refuges |

ONLINE

2020 Spring Practice Period

Page 2: Sesshin and one-day sitting schedule for Saturday, June 6

5:50 Zazen
6:20 Kinhin
6:30 Zazen
7:00 Morning Service: Well-Being Ceremony
7:20 Soji
7:40 Breakfast & Break

9:25 Zazen
10:05 Densho begins
10:15 Dharma Talk
11:15 Kinhin
11:30 Zazen
12:10 Service - Heart Sutra
12:20 Lunch & Break

1:30 Zazen
2:00 Kinhin
2:10 Sesshin Q&A
3:00 Kinhin
3:10 Zazen
3:40 Rest/Exercise/Tea

5:00 Zazen
5:30 Kinhin
5:40 Zazen
6:10 Service - Metta Sutta
6:20 Practice Period Closing
6:30 *Dinner for Residents*