

GREAT TREE SESSHIN SCHEDULE

FIRST EVENING

4:00 – 5:00 PM	Registration
5:00 – 5:50	Orientation
5:50 – 6:00	Supper Set-up
6:00	Informal Supper
	Supper Clean-up
7:15	Opening Tea
	Comments from Teijo
	Review Sesshin Guidelines
	Zazen
9:30	Lights Out

DAILY SCHEDULE

MORNING

6:00	Zazen (Sitting Meditation)
6:40	Kinhin (Walking Meditation)
6:50	Zazen
7:30	Chanting Heart Sutra
7:40	Soji (Short Temple Cleaning)
8:15	Breakfast
8:45	Clean-up
	Break
9:30	Zuiza (Free Sitting)
10:10	Kinhin
10:20	Zazen
11:00	Kinhin
11:10	Zazen
11:50	Lunch Set-up
12:00	Lunch
1:00	Lunch Clean-up
	Break

AFTERNOON

1:50	Work Period
2:50	Clean-up
3:00	Informal Tea
3:30	Zazen
4:10	Kinhin
4:20	Zazen
4:50	Supper Set-up
5:00	Supper
6:00	Clean-up
	Break

EVENING

6:30	Zuiza
7:10	Kinhin
7:20	Dharma Talk
8:20	Zazen
8:40	Chant: “Fukanzazengi”
9:30	Light’s Out

LAST MORNING

6:00	Zazen
6:40	Kinhin
6:50	Zazen
7:30	Chant Heart Sutra
7:45	Soji
8:15	Breakfast
	Clean-up Kitchen
	ALL Participants
9:30	Zazen
10:10	Kinhin
10:20	Zazen
10:50	Closing Tea
	Comments from Teijo
	Closing Ceremony:
	Chanting Heart Sutra
	slowly while standing

* Zuiza (Free Sitting) Come and go as you wish.
If you choose not to sit this period of zazen, you can rest or take a walk.