

GENZO-E SESSHIN SCHEDULE

September 10–14, 2008

Wednesday through Saturday

4:45 wake up bell
5:30 zazen
6:05 kinhin
6:15 zazen*
6:50 kinhin
7:00 breakfast

8:30 zazen
9:05 kinhin
9:15 Dharma talk
10:45 kinhin
10:55 zazen
11:30 kinhin
11:40 Heart Sutra
11:45 lunch

1:15 work
2:00 tea
2:25 zazen
3:00 kinhin
3:10 Dharma talk
4:40 kinhin
4:50 zazen
5:25 kinhin
5:35 supper

6:55 zazen/study
7:30 kinhin
7:40 zazen
8:15 kinhin
8:25 zazen
9:00 end of day

Sunday

4:45 wake up bell
5:30 zazen
6:05 kinhin
6:15 zazen
6:50 kinhin
7:00 breakfast

8:40 zazen
9:10 break
9:30 zazen (informal)
9:55 break
10:00 Dharma talk
11:30 sesshin ends
with social tea

**orientation Wednesday*