

SESSEIN SCHEDULE

4:00 Rising Bell (wash face etc.)  
4:05 Three rounds of Han (be in Zendo at end of 2nd round)  
4:20 Zazen  
5:10 Kinhin  
5:30 Zazen and Service (ChoKa)  
6:10 Breakfast  
7:20 Zazen  
8:10 Kinhin  
8:30 Zazen --- Lecture  
9:10 Kinhin or Tea (Gyocha)  
9:40 Zazen  
10:20 Kinhin  
10:40 Zazen  
11:20 Mid-day Service (Hicchu)  
11:40 Lunch  
1:20 Zazen  
2:00 Kinhin  
2:20 Zazen  
3:00 Kinhin  
3:20 Zazen  
4:00 Kinhin  
4:20 Zazen  
5:00 Evening Service (Banka)  
5:20 Supper  
6:40 Zazen  
7:20 Kinhin  
7:40 Lecture or Zazen  
8:20 Kinhin  
8:40 Zazen  
9:20 Bed