

Rohatsu 2017 Clouds in Water Sesshin Schedule

Dec 1, Friday Night 7 - 9 p.m.		Dec 2-7 5:25 a.m. - 9 p.m.		Dec 8 5:25 a.m. - 12 p.m.	
7:00 PM	Intro Remarks + Zazen	5:25 AM	Wake-up bell	5:25 AM	Wake-up bell
7:35 PM	Kinhin	6:00 AM	Zazen	6:00 AM	Zazen
7:45 PM	Zazen	6:35 AM	Kinhin	6:35 AM	Kinhin
8:20 PM	Kinhin	6:45 AM	Zazen	6:45 AM	Zazen
8:30 PM	Zazen	7:20 AM	Morning liturgy - Sandokai	7:20 AM	Buddha's Enlightenment Ceremony
8:45 PM	Fukanzazengi	7:50 AM	Morning Meal	7:50 AM	Morning Meal - Informal
9:00 PM	Evening Message				
		9:00 AM	Zazen	9:00 AM	Zazen
		9:35 AM	Kinhin	9:35 AM	Kinhin
		9:45 AM	Dharma Talk	9:45 AM	Tea and Closing Council
		10:45 AM	Break	10:45 AM	Break
		11:00 AM	Zazen	11:00 AM	Work Practice
		11:35 AM	Noon Liturgy - Shakyamuni Buddha	11:45 AM	Dedicating the Merit and final clean-up
		11:50 AM	Noon meal	12:00 PM	Sesshin End
		1:00 PM	Work Practice		
		1:40 PM	Body Practice (self-directed)		
		2:10 PM	Zazen		
		2:45 PM	Kinhin		
		2:55 PM	Zazen		
		3:30 PM	Tea		
		4:00 PM	Zazen		
		4:35 PM	Kinhin		
		4:45 PM	Zazen - Metta Practice		
		5:20 PM	Evening Liturgy Japanese Enmei		
		5:50 PM	Evening Meal		
		7:00 PM	Zazen		
		7:35 PM	Kinhin		
		7:45 PM	Zazen		
		8:20 PM	Kinhin		
		8:45 PM	Fukanzazengi		
		9:00 PM	Evening Message		