

**MRZC WEEKEND SESSHIN SCHEDULE Wall St.
October, 2023**

THURSDAY	FRIDAY-SATURDAY	SUNDAY
7:00 WELCOME/ZAZEN	9:00 ZAZEN	9:00 ZAZEN
7:30 KINHIN	9:30 KINHIN	9:30 KINHIN
7:40 ZAZEN	9:40 ZAZEN	9:40 ZAZEN
8:10 KINHIN	10:10 KINHIN	10:10 KINHIN
8:20 CEREMONY	10:20 DHARMA TALK	10:20 DHARMA TALK
	11:00 KINHIN	11:00 KINHIN
	11:10 ZAZEN	11:10 ZAZEN
	11:40 KINHIN	11:30 REFUGES
	11:50 SERVICE	
	12:00 LUNCH/BREAK	2:00 ORDINATION
	1:30 ZAZEN	
	2:00 KINHIN	
	2:10 ZAZEN	
	2:40 TEA	
	3:00 OUTDOOR KINHIN	
	3:30 ZAZEN	
	4:00 KINHIN	
	4:10 ZAZEN	
	4:40 SERVICE	
	5:00 DINNER/BREAK	
	7:00 ZAZEN	
	7:30 KINHIN	
	7:40 ZAZEN	
	8:10 KINHIN	
	8:20 ZAZEN	
	8:50 REFUGES	

