

Loon Lake Sesshin Schedule, November 8-15, 2020

Sunday, November 8

7:00	Teachers' Welcome, Ino's Orientation, individual introductions, small group circles (intention for sesshin)
8:10	Kinhin
8:20	Zazen
8:50	Refuges

Monday - Saturday

6:30	Zazen
7:00	Kinhin
7:10	Zazen
7:40	Service
8:00	Breakfast / Break
9:30	Zazen
10:00	Kinhin
10:10	Zazen
10:40	Kinhin
10:50	Dharma talk
11:30	Kinhin
11:40	Service
12:00	Lunch / Break
4:30	Zazen
5:00	Service
5:10	Dinner – Break
7:00	Zazen
7:30	Kinhin
7:40	Zazen
8:10	Kinhin
8:20	Zazen (informal evening talks)
8:50	Refuges

Sunday Nov. 15

9:00 Zazen

9:30 Kinhin

9:40 Zazen

10:10 Kinhin

10:20 Shuso's Dharma Inquiry Ceremony

11:00 Practice period closing circle (small groups)