

Mountains and Waters Sesshin Schedule, July 8-15, 2023

Saturday (First Day)

3:00 Settle into room, find seat in zendo
4:00 Orientation in dining hall
4:30 Oryoki practice
5:25 Informal dinner
7:45 Zendo orientation
8:25 Kinhin
8:25 Zazen
8:55 Refuges
9:30 Lights out

Sunday-Thursday

5:00 Wake-up bell
5:30 Zazen
6:00 Kinhin
6:10 Zazen
6:40 Kinhin
6:50 Zazen
7:15 Service
7:50 Breakfast/Break

9:40 Zazen
10:10 Kinhin
10:20 Dharma talk
11:20 Outdoor kinhin
12:00 Service
12:15 Lunch/Break

2:00 Work period
3:00 End work
3:20 Zazen
3:50 Tea
4:10 Kinhin
4:20 Zazen
4:50 Service
5:20 Dinner/Break

7:15 Zazen
7:40 Kinhin
7:50 Zazen Mon. talk
8:15 Kinhin
8:25 Zazen Wed. talk
8:55 Refuges
9:30 Lights out

Saturday, Last Day

5:00 Wake-up bell
5:30 Zazen
6:00 Kinhin
6:10 Zazen
6:35 Kinhin
6:45 Zazen
7:05 Cooks' Jundo
7:20 Service
7:45 Ceremony set-up
7:55 Breakfast
Personal pack-up
9:30 Shosan ceremony
11:00 Informal lunch
12:00 Work meeting
1:00 Pack-up and leave