

## Loon Lake Sesshin Schedule, November 12-18, 2022

### 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  
11:40 Zazen  
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  
8:15 Kinhin  
8:25 Zazen / Mon, Wed talk  
8:55 Refuges  
9:30 Lights out

### Friday, 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 Closing and leave camp