

## Mountains and Waters Sesshin Schedule, July 2022

### Friday, July 22 (*First Day*)

3:00 Check in, settle into room,  
find seat in zendo  
4:00 Orientation (zendo)  
5:45 Informal dinner (dining hall)

7:50 Zazen  
8:20 Kinhin  
8:30 Zazen  
9:00 Refuges  
9:30 Lights out

### Saturday-Thursday

5:00 Wake-up bell  
5:30 Zazen  
6:00 Kinhin  
6:10 Zazen  
6:40 Kinhin  
6:50 Zazen  
7:20 Service  
8:00 Breakfast / Break

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

3:00 Zazen  
3:30 Kinhin  
3:40 Zazen  
4:10 Tea break  
4:20 Outdoor practice  
5:00 Zazen  
5:30 Service  
5:45 Dinner / Break

7:10 Zazen  
7:40 Kinhin  
7:50 Zazen  
8:20 Kinhin  
8:30 Zazen  
9:00 Refuges  
9:30 Lights out

### Friday (last day)

Same up to breakfast, personal  
pack-up during break

9:30 Zazen  
10:00 Kinhin  
10:10 Closing circle  
11:00 Pack-up  
12:15 Informal lunch