

Rohatsu Sesshin Schedule, December 1-8, 2023

Friday (*First Day*)

4:00 Arrive, settle into room, find seat in zendo
5:00 Sesshin orientation (dining hall)
5:30 Oryoki practice
6:25 Informal dinner
8:00 Zendo orientation
8:25 Kinhin
8:35 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
7:15 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
8:15 Kinhin
8:25 Zazen
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 Rohatsu ceremony
7:05 Cooks' jundo
7:50 Informal breakfast
Personal pack-up
9:30 Work meeting
10:30 Pack-up and leave