

Wrapping Ourselves in Buddha's Zazen  
2019 Practice Period

3-DAY SESSHIN  
SEPTEMBER 27-29, 2019

MORNING  
(5:30 WAKEUP BELL)

6:00 ZAZEN  
6:40 KINHIN  
6:50 ZAZEN  
7:30 SERVICE  
8:00 BREAKFAST (ORYOKI)  
8:50 CLEANUP/BREAK

MID-MORNING

9:50 ZAZEN/KINHIN  
11:50 SERVICE  
12:00 LUNCH (ORYOKI)  
12:50 BREAK

SUNDAY:  
12:00 CLOSING

AFTERNOON

1:50 SAMU  
3:00 CLEAN-UP  
3:20 TEA  
3:40 ZAZEN/KINHIN  
5:10 SERVICE  
5:20 DINNER (ORYOKI)  
6:10 CLEANUP/BREAK

EVENING

7:10 ZAZEN/KINHIN  
8:10 END  
9:00 LIGHTS OUT