

2022 3-Day Virtual Sesshin Schedule

Starts on Thursday Evening

First Evening of Sesshin	
7–8:30 p.m.	Opening ceremony, followed by zazen
Subsequent Days	
6:00–8:00 a.m.	<i>Verse of Kesa; Way of the Bodhisattva; zazen and dokusan</i>
8:00	Break (breakfast, cleaning, etc.)
9:15	Zazen
9:40	Teisho followed by kinhin
10:40–12:00 p.m.	Zazen and dokusan
12:00 p.m.	Break for lunch
1:30–3:30	Zazen and dokusan
3:30	Chanting followed by unscheduled time
6:30–8:30	Zazen and dokusan
Last Day	
6:00 a.m.–9:30 a.m.	Same as other days
9:40 a.m.	Teisho followed by zazen and dokusan
End of dokusan	Final words followed by closing ceremony (approx. 1:30)