

The standard schedule for a one-day sesshin is as follows:

- 12:30 pm - 1:10 pm -- zazen
- 1:10 pm - 1:20 pm -- kinhin
- 1:20 pm - 2:00 pm -- zazen
- 2:00 pm - 2:10 pm -- kinhin
- 2:10 pm - 2:50 pm -- zazen
- 2:50 pm - 3:00 pm -- chanting in Japanese (Hannya Shingyo)
- 3:00 pm - 4:00 pm -- samu (mindful work)
- 4:00 pm - 4:40 pm -- zazen
- 4:40 pm - 4:50 pm -- kinhin
- 4:50 pm - 5:30 pm -- zazen
- 5:30 pm - 5:40 pm -- kinhin
- 5:40 pm - 6:20 pm -- zazen
- 6:20 pm - 6:30 pm -- chanting in Japanese (Hannya Shingyo)
- 6:30 pm - 8:00 pm -- dinner
- 8:00 pm - 8:40 pm -- zazen
- 8:40 pm - 8:50 pm -- kinhin
- 8:50 pm - 9:30 pm -- zazen
- 9:30 pm - 9:40 pm -- kinhin
- 9:40 pm - 10:20 pm -- zazen
- 10:20 pm - 10:30 pm -- chanting in Japanese (Hannya Shingyo)

