

The standard schedule for a weekend sesshin is as follows:

- **Thursday**

- 7:30 pm - 8:10 pm -- zazen
- 8:10 pm - 8:20 pm -- kinhin
- 8:20 pm - 9:00 pm --zazen
- 9:00 pm - 9:10 pm -- kinhin
- 9:10 pm - 9:50 pm -- zazen
- 9:50 pm - 10:00 pm -- chanting in Japanese (Hannya Shingyo)

- **Friday and Saturday**

- 6:00 am - 6:40 am -- zazen
- 6:40 am - 6:50 am -- kinhin
- 6:50 am - 7:30 am -- zazen
- 7:30 am - 7:40 am -- kinhin
- 7:40 am - 8:20 am -- zazen
- 8:20 am - 8:30 am -- chanting in Japanese (Hannya Shingyo)
- 8:30 am - 10:30 am -- breakfast; kitchen or other work
- 10:30 am - 11:10 am -- zazen
- 11:10 am - 11:20 am -- kinhin
- 11:20am - 12:00 pm -- zazen
- 12:00 pm - 12:10 pm -- kinhin
- 12:10 pm - 12:50 pm -- zazen
- 12:50 pm - 1:00 pm -- chanting in Japanese (Hannya Shingyo)
- 1:00 pm - 3:00 pm -- lunch; samu (mindful work)
- 3:00 pm - 3:40 pm -- zazen
- 3:40 pm - 3:50 pm -- kinhin
- 3:50 pm - 4:00 pm -- zazen
- 4:00 pm - 4:10 pm -- kinhin
- 4:40 pm - 5:20 pm -- zazen
- 5:20 pm - 5:30 pm -- chanting in Japanese (Hannya Shingyo)
- 5:30 pm - 7:30 pm -- dinner
- 7:30 pm - 8:10 pm -- zazen
- 8:10 pm - 8:20 pm -- kinhin
- 8:20 pm - 9:00 pm --zazen
- 9:00 pm - 9:10 pm -- kinhin
- 9:10 pm - 9:50 pm -- zazen
- 9:50 pm - 10:00 pm -- chanting in Japanese (Hannya Shingyo)

- **Sunday**

- 6:00 am - 6:40 am -- zazen
- 6:40 am - 6:50 am -- kinhin
- 6:50 am - 7:30 am -- zazen
- 7:30 am - 7:40 am -- kinhin
- 7:40 am - 8:20 am -- zazen
- 8:20 am - 8:30 am -- chanting in Japanese (Hannya Shingyo)
- 8:30 am - 10:30 am -- breakfast; kitchen or other work
- 10:30 am - 11:10 am -- zazen
- 11:10 am - 11:20 am -- kinhin
- 11:20 am - 12:00 pm -- zazen
- 12:00 pm - 12:10 pm -- chanting in Japanese (Hannya Shingyo)

