

Sesshin Schedule

(All times are EST and EDT)

Friday

7 – 9 pm Opening and Introduction
Zazen and *Four Bodhisattva Vows*

Saturday

7 am – 9 am Zazen, *Four Immeasurables, Verse of the Kesa*
Zazen, *Heart Sutra* and *Sho Sai Myo Kichijo Dharani*

9 am – 11 am Oryoki Breakfast (*Meal Gatha*) and break

11 am – 1 pm Zazen and face-to-face teaching, *Karaniya Metta Sutta*

1 pm – 3 pm Lunch break

3 pm – 5 pm Zazen and face-to-face teaching, *Emmei Jukku Kannon Gyo*

5 pm – 7 pm Supper Break

7 pm – 9 pm Zazen and face-to-face teaching, *Four Bodhisattva Vows*

Sunday

7 am – 9 am Zazen, *Four Immeasurables, Verse of the Kesa*, and
Emmei Jukku Kannon Gyo

9 am – 10 am Oryoki Breakfast (*Meal Gatha*) and break

10 am – 12 pm Zazen, Dharma talk, *Four Immeasurables (short)*

12 pm Closing