

2025 Samish Island Sesshin

with Zoketsu Norman Fischer, Nomon Tim Burnett, and Shudo Chris Burkhardt

Regular Schedule

5:20 Wake-up bell

6:00 Zazen

6:30 Kinhin

6:40 Zazen

7:10 Service (with Well-Being and Memorial)

7:45 Breakfast, followed by break

9:20 Zazen

9:50 Kinhin

10:00 Zazen

10:30 Kinhin

10:40 Dharma Talk

11:30 Kinhin (15 minutes)

11:45 Zazen

12:05 Service

12:20 Lunch, followed by break

1:25 Organizer's Mtg (Retreat Manager, Tanto, Ino,
Registrar as needed)

1:45 Work Meeting

2:45 End Work

3:00 Formal Tea (zendo)

3:20 Zazen

4:00 Group Walk / Self Care

4:40 Zazen

5:30 Service

5:45 Dinner, followed by break

7:15pm Zazen

7:45pm Kinhin

7:55pm Zazen

8:25pm Kinhin

8:35pm Zazen (20)

8:55pm Refuges

First Friday - Beginning of Retreat

4:00 pm arrive, finish registration,
settle into room, cushions to zendo

5:30 pm Orientation (dining room)

6:30 Dinner (informal)

7:30 Training

8:20 Zazen

8:50 Ino's zendo announcements

9:10 Refuges

Tuesday Afternoon

4:10 Zazen

4:40 Tea

5:00 Zazen (20 min)

5:20 Leaving Ceremony for 1st half

5:45 Dinner

Thursday afternoon

4:10 Zazen

4:40 Tea

5:00 Outdoor Walking (Ceremony set up)

5:20 Gratitude and Apology Ceremony

5:45 Dinner

Saturday - Closing day

5:30 Wake-up bell

6:00 Zazen

6:30 Shosan setup

6:45 Shosan Ceremony

8:00 Breakfast (informal)

9:00 Clean out cabins / Pack up

10:00 Work Meeting & Clean Up

11:30 Closing Circle (end of sesshin)