

Sesshin Schedule (Unity Church)

Wed. March 27 - Sat. March 30, 2024

Schedule Overview:

On Wed 3/27:

5:45	Doors open	Set-up at Unity
[5:50	<i>Densho</i>]	“ “
6:00	Zazen w/interval	“ “
7:00	End zazen/Silent Bag Breakfast	
[7:50	<i>Densho</i>]	In-person sesshin begins
8:00	Zazen (35m)	
8:35	Kinhin	
8:45	Zazen (30m)	
9:15	Kinhin	
9:25	Zazen (30m)	
9:55	Short Service	
10:15	Dharma Talk	
~11:00	Open Kinhin (until next zazen)	
• ~11:15	Zazen (~30m)	
11:45	Kinhin	
11:55	Zazen (25m)	
12:20	Noon Service	
12:30	Silent Bag Lunch (meal chant in cafeteria, silent pool in meal)	
[1:50	<i>Densho</i>]	
2:00	Zazen (30m)	
2:30	Kinhin	
2:40	Zazen (30m)	
3:10	Kinhin	
3:20	Zazen (25m)	
3:45	Informal Tea break (30m)	
[4:05	<i>Densho</i>]	
4:15	Zazen (25m)	
4:40	Kinhin	
4:50	Zazen (25m)	
5:15	Kinhin	<u>On Wed 3/27:</u> <u>On Sat 3/30:</u>
5:25	Zazen (25m)	FMC (CC zendo) Zazen (10m)
5:50	Eve Svc/Refuges	“ “ 5:35 Eve Svc/Closing Words
6:00	End of Day	End of Day ~ End of Practice Period ~