

Bright Way Zen Sesshin Schedule

*Zazen*Zazen means 25 minutes of zazen, followed by posture adjustment, followed by 25 minutes of zazen - Times in Pacific Time. Joining us in the Cloud Zendo? See the **BWZ website for the Sesshin Schedule translated into 8 different time zones.***

First Day evening:

4-6pm.....Arrival, check-in, training on practice positions

5-6:00.....Dinner available

6:00Oryoki Instruction available

7:00.....Sesshin Guidelines read aloud in dining room

8:00.....Zazen - *Opening words from teacher*

8:25.....Kinhin

8:35.....Zazen

9:00.....Closing Chant ([Metta Sutta](#))

9:10.....To bed

~~~ See next page for Full Sesshin Days ~~~

Last Day morning:

5:10.....Wake-up bell

5:40am.....Zazen*Zazen (Posture Adjustment Bell 6:05)

6:30.....[Morning Chanting Service](#)

7:00.....Oryoki breakfast ([Meal Chant](#))

7:40.....Kitchen cleanup, begin packing

8:15.....Closing Circle (*Cloud portion of sesshin ends after closing circle*)

9:30.....Work period (silence is lifted; packing, cleaning)

10:45.....Retreat Closing Ceremony and Dedication to Retreat Center

11:00.....Informal Lunch

NoonRetreat Ends

Full Days:

5:10am....Wake-up bell

5:40.....Zazen*Zazen (Posture Adjustment Bell 6:05)

6:30.....Kinhin (*Silver Dragons – those 60 or over – or those with health issues can arrive in the Zendo during/after kinhin if they have chosen this option*)

6:40.....Zazen*Zazen (Posture Adjustment Bell 7:05)

7:30.....[Morning Chanting Service](#)

8:00.....Oryoki breakfast ([Meal Chant](#))

8:40.....Kitchen cleanup

9:00.....Work period ([Work Chant](#))

10:30.....End work period

11:00.....Chanting Service ([Fukanzazengi](#))

11:15.....Zazen

11:45.....Kinhin

11:55.....Zazen

12:25pm.....End Zazen

12:30.....Oryoki Lunch ([Meal Chant](#))

1:10.....Meal Cleanup, Rest Period

2:45.....Wake-up bell

3:00.....Dharma Talk

3:50.....Kinhin

4:00.....Zazen

4:25.....Kinhin

4:35.....Zazen

5:00.....Oryoki Dinner ([Meal Chant – Dinner](#))

5:40.....Meal Cleanup, break

7:00.....Zazen - *Sanzen for Dirt Zendo*

7:25.....Kinhin

7:35.....Zazen

8:00.....Kinhin (*Silver Dragons – those 60 or over – or those with health issues can go to bed at this time if they have chosen this option*)

8:10.....Zazen

8:30.....Kinhin

8:40.....Zazen

9:00.....Formal Tea, Closing Chant ([Metta Sutta](#))

9:20.....To bed