



Dai Bai Zan Cho Ba Zen Ji

Great Plum Mountain - Listening to the Dharma Temple

Zoom Odayaka Sesshin Schedule Friday and Saturday

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| 5:30 | Optional Morning Sutras & Zazen (Friday morning use: https://us04web.zoom.us/j/182867490) |
| 6:30 | Break |
| 7:00 | Heart Sutra English & Zazen |
| 8:00 | Breakfast |
| 8:50 | Kinhin |
| 9:00 | Zazen |
| 10:00 | Break |
| 10:15 | Dokusan & Zazen |
| 11:30 | Break & Lunch |
| 12:50 | Kinhin |
| 1:00 | Zazen |
| 1:30 | Samu (Work practice) |
| 2:15 | Break |
| 2:30 | Zazen |
| 3:00 | Break |
| 3:15 | Teisho |
| 4:10 | Break |
| 4:30 | Zazen |
| 5:30 | Dinner |
| 6:30 | Kinhin |
| 6:40 | Zazen |
| 7:10 | Dokusan & Zazen |
| 8:30 | Closing Sutra |