



Dai Bai Zan Cho Bo Zen Ji

*Great Plum Mountain - Listening to the Dharma Temple*

## Zoom Odayaka Sesshin Schedule Friday and Saturday

5:30	Optional Morning Sutras & Zazen (Friday morning use: <a href="https://us04web.zoom.us/j/182867490">https://us04web.zoom.us/j/182867490</a> )
6:30	Break
7:00	Heart Sutra English, Four Great Vows & 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
3:10	Teisho
4:00	Break
4:15	Zazen
5:45	Dinner
6:30	Kinhin
6:40	Zazen
7:10	Dokusan & Zazen
8:30	Closing Sutra