



Dai Bai Zan Cho Bo Zen Ji

Great Plum Mountain - Listening to the Dharma Temple

Summer Sesshin Schedule for Friday and Saturday

5:30		Optional zazen
7:00		Morning Service & Zazen)
8:00		Breakfast
9:10		Kinhin (outdoor walking meditation)
9:20		Zazen
9:50		Zazen & Dokusan
11:10		Break
11:30		Zazen
12:00	PM	Lunch
1:30		Samu (work practice)
2:15		Clean up
2:30		Sarei (tea)
2:45		Zazen
3:15		Teisho
4:10		Break
4:30		Zazen
5:30		Dinner
6:30		Kinhin
6:40		Zazen
7:00		Zazen & Dokusan
8:00		Closing Sutra
8:20		Optional zazen
10:00		Sleep or Yaza (unstructured sitting)