



Dai Bai Zan Cho Ba Zen Ji

Great Plum Mountain - Listening to the Dharma Temple

Sunday Summer Sesshin Schedule

5:00	Asa (Morning Service)
5:30	Kinhin (indoor walking meditation)
5:40	Zazen (sitting practice)
6:30	Kinhin
6:40	Zazen
7:00	Breakfast
8:10	Kinhin
8:20	Zazen
9:00	Dokusan (personal interview) and Zazen
10:20	Break
10:30	Teisho (Sutras & Dharma Talk)
11:30	Break
11:40	Zazen
12:00	Council
1:00	Conclusion

