



*Dai Bai Zan Cho Ba Zen Ji*

*Great Plum Mountain - Listening to the Dharma Temple*

### Sesshin Schedule

Friday 5:30-9:00 PM Instruction, round robin intro, dinner, zazen

4:30	AM	Wake Up
5:00		Sarei (Baito tea) & Asa (Morning Service and short kinhin)
5:30		Zazen (sitting practice)
6:30		Kinhin (indoor walking meditation).
6:40		Zazen
7:00		Breakfast
8:00		Kinhin (outdoor walking meditation)
8:10		Zazen
8:40		Zazen & Dokusan (personal interview).
9:50		Kinhin (indoor)
10:00		Teisho (Sutras & Dharma Talk)
10:50		Sarei (Tea)
11:00		Zazen
12:00	PM	Lunch
12:30		Officer meeting (when necessary)
1:30		Samu (work practice)
2:45		Clean up
3:00		Sarei
3:15		Zazen & Dokusan
4:30		Banka (Afternoon Sutras)
5:10		Zazen (or yoga, tai chi or chi gong when available)
6:00		Supper (in yoga clothes acceptable).
7:10		Kinhin (outdoor)
7:20		Dharma Lineage Chant
7:30		Zazen
8:30		Kinhin (indoor)
8:40		Zazen & Dokusan
9:40		Sarei & Closing sutra
10:00		Sleep or Yaza (unstructured sitting)