



Dai Bai Zan Cho Bo Zen Ji

Great Plum Mountain - Listening to the Dharma Temple

Rohatsu Sesshin Schedule

Saturday 5:30-9:00PM 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		Bathroom Break
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)
2:30		Clean up
2:45		Sarei
3:00		Zazen & Dokusan
4:30		Banka (Afternoon Sutras – Enmei Jukku Kannon Gyo)
5:00		Rest break
5:30		Zazen
6:00		Supper
7:10		Kinhin (outdoor)
7:20		Teidai Dempo Busso No Myogo (Dharma Lineage Chant)
7:30		Zazen
8:30		Kinhin (indoor)
8:40		Zazen & Dokusan
9:40		Sarei & Break
9:50		Rohatsu Exhortation
10:00		Zazen followed by muted bell after 20 min.
10:20		Yaza (unstructured sitting)