WEBZ Sesshin Schedule

*Zazen*Zazen means 25 minutes of zazen, followed by posture adjustment, followed by 25 minutes of zazen* - ***Times in Pacific Time. Joining us in the Cloud Zendo? See the BWZ website for the Sesshin Schedule translated into 8 different time zones.***

First Day evening:

4-6pm……..Arrival, check-in, training on practice positions
5-6:00……..Dinner available
6:00 …….Oryoki Instruction available
7:00……..Sesshin Guidelines read aloud in dining room

8:00……..Zazen - *Opening words from teacher*
8:25……..Kinhin
8:35……..Zazen
9:00……..Closing Chant (Metta Sutta)
9:10……..To bed

~~~ See next page for Full Sesshin Days ~~~

Last Day morning:

5:10…….Wake-up bell

5:40am…..Zazen*Zazen (Posture Adjustment Bell 6:05)
6:30…….Morning Chanting Service

7:00…….Oryoki breakfast (Meal Chant)
7:40…….Kitchen cleanup, begin packing

8:15…….Closing Circle (*Cloud portion of sesshin ends after closing circle*)
9:30……..Work period (silence is lifted; packing, cleaning)
10:45……Retreat Closing Ceremony and Dedication to Retreat Center
11:00……Informal Lunch
Noon ……Retreat Ends

Full Days:

5:10am….Wake-up bell

5:40…..…..Zazen*Zazen (Posture Adjustment Bell 6:05)
6:30…….Kinhin (*Silver Dragons – those 60 or over – or those with health issues can arrive in the Zendo during/after kinhin if they have chosen this option*)
6:40…….Zazen*Zazen (Posture Adjustment Bell 7:05)
7:30…….Morning Chanting Service

8:00…….Oryoki breakfast (Meal Chant)
8:40…….Kitchen cleanup
9:00…….Work period (Work Chant)
10:30……End work period

11:00……Chanting Service (Fukanzazengi)
11:15……Zazen
11:45……Kinhin
11:55……Zazen
12:25pm…..End Zazen

12:30……Oryoki Lunch (Meal Chant)
1:10……..Meal Cleanup, Rest Period
2:45……..Wake-up bell

3:00……..Dharma Talk
3:50……..Kinhin
4:00……..Zazen - *Group Sanzen for Cloud Zendo*
4:25……..Kinhin
4:35……..Zazen

5:00……..Oryoki Dinner (Meal Chant – Dinner)
5:40……..Meal Cleanup, break

7:00……..Zazen - *Sanzen for Dirt Zendo*
7:25……..Kinhin
7:35……..Zazen
8:00……..Kinhin (*Silver Dragons – those 60 or over – or those with health issues can go to bed at this time if they have chosen this option*)
8:10……..Zazen
8:30……..Kinhin
8:40……..Zazen
9:00……..Formal Tea, Closing Chant (Metta Sutta)
9:20……..To bed