

GREAT TREE SESSHIN SCHEDULE

FIRST EVENING

4:00	Arrive
5:00	Orientation
5:50	Supper Setup
6:00	Supper Supper
	Cleanup
7:30	Opening Tea in Zendo
	Comments:
	Reading of Guidelines
	<i>Zuiza</i> (Free Sitting
9:00	End of Day
9:30	Lights Out

MORNINGS

5:30	Wake-up bell
6:00	<i>Zazen</i> (sitting meditation)
6:40	<i>Kinhin</i> (walking meditation)
6:50	<i>Zazen</i>
7:30	Chanting: Heart Sutra
7:45	<i>Soji</i> (Temple Cleaning)
8:15	Breakfast
	Clean-up (all)
	Break
9:30	<i>Zuiza</i> : Free Sitting
10:00	Dharma Talk
11:00	<i>Samu</i> : Work Period
12:15	Clean-up & Lunch Set-up
12:30	Lunch
	Clean-up (all)
	Break

AFTERNOONS

2:30	<i>Zazen</i>
3:00	Informal tea
3:30	<i>Zazen</i>
4:10	<i>Zazen</i>
4:50	Supper set-up
5:00	Supper
	Clean-up (all)
	Break

EVENINGS

7:00	<i>Zazen</i>
7:30	<i>Zuiza</i>
9:00	End of Day

LAST MORNING

5:30	Wake-up bell
6:00	<i>Zazen</i> (sitting meditation)
6:40	<i>Kinhin</i> (walking meditation)
6:50	<i>Zazen</i>
7:30	Chanting: Heart Sutra
7:45	<i>Soji</i> (Temple Cleaning)
8:15	Breakfast
	Clean-up Kitchen (all)
9:30	<i>Zazen</i>
10:10	<i>Kinhin</i>
10:20	<i>Zazen</i>
10:50	Tea in Zendo
	Comments
	Closing ceremony
	(chanting Heart Sutra slowly, remain standing)