

Online Sesshin Schedule

Zazen = meditation
Kinhin=walking meditation

First Evening

7:30 pm – 8:50 pm	Comments from Teijo Reading of the sesshin guidelines Zazen Fukanzazengi
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Daily Schedule

6:00 am	Zazen
6:40 am	Kinhin
6:50 am	Zazen
7:30 am	Morning Service (Heart Sutra/Makahannya Shingyo)
7:45 am – 9:30	Breakfast/Morning Break
9:30 am	Zazen
10:00 am	Dharma Talk
11:00	Kinhin
11:10	Zazen
11:50 am – 3:00 pm	Lunch/Mid-Day Break (Work Period)
3:30 pm	Zazen
4:10 pm	Kinhin
4:20 pm	Zazen
4:50 pm – 6:30 pm	Supper/Evening Break
6:30 pm	Zazen
7:10 pm	Kinhin
7:20 pm	Zazen
8:00 pm	Kinhin
8:10 pm	Zazen
8:40 pm	Fukanzazengi
8:50 pm	End of the day

Last Morning

6:00 am	Zazen
6:40 am	Kinhin
6:50 am	Zazen
7:30 am	Morning Service (Heart Sutra/Makahannya Shingyo)
7:45 am – 9:30	Breakfast/Morning Break
9:30 am	Zazen
10:00 am	Dharma Talk
11:00 am	Closing Tea/Closing Remarks/Closing Ceremony

When You Join Our Virtual Zendo:

1. The Zoom room will open at least 10 minutes prior to the scheduled session. If the session has not opened please be patient as we may be having technical difficulties.
2. Mute yourself (click on the microphone symbol in the bottom right corner of your screen) so that background noise does not disturb other participants. Your microphone should remain muted during zazen and walking meditation (kinhin) and during Dharma lectures. You can unmute during the discussion portion of the lectures but stay muted while others are speaking.
3. Zazen periods are 40 minutes long and walking meditation periods 10 minutes long. During walking meditation you may walk in your place or take a break.
4. The online sesshin schedule is available on our website. You may join the sesshin during any of the scheduled sitting periods and lectures.
5. All of our online events are accessible free of charge. However, please consider giving a donation to help Great Tree continue to maintain our temple and our programs as we navigate these difficult times. See our website for more information on how to support practice at Great Tree.