

ATLANTA SOTO ZEN CENTER BUDDHA SESSHIN SCHEDULE

WEEKEND (Saturday, Sunday)

06:00 AM	Open Zendo
06:00-06:25	Zazen+Interval
06:30-06:55	Zazen+Kinhin
07:00-07:20	Zazen
07:20-07:30	Service
07:30-07:55	Breakfast
07:55-08:00	Cleanup
08:00-08:50	Zazen
09:00	Newcomers
09:00-09:50	Zazen+Kinhin
10:00-10:50	Dharma Tea
11:00-11:25	Long Service
11:30-12:00	Cleaning
12:00-01:00	Lunch
01:00-01:55	Break
02:00-02:50	Zazen+Kinhin
03:00-03:50	Zazen+Kinhin
04:00-04:50	Zazen+Kinhin
05:00-05:50	Zazen+Kinhin
06:00-06:25	Supper
06:30-07:25	Zazen
07:30-07:40	Service
07:40-08:05	Zazen+Kinhin
08:05-08:30	Zazen+Kinhin
08:30-08:55	Zazen
09:00 PM	Close Zendo

Total Zazen: 9.5 hours

Buddha Sesshin is an opportunity for you to deepen your practice through intensive immersion in zazen. The only interruptions to the daily sitting schedule are for meals and services and to wrap around the regular morning, evening and weekend schedules. This will give you a clear perspective on your daily practice.

WEEKDAY (Monday-Friday)

06:00 AM	Open Zendo
06:00-06:25	Zazen+Interval
06:30-06:55	Zazen+Kinhin
07:00-07:20	Zazen
07:20-07:30	Service
07:30-07:55	Breakfast
07:55-08:00	Cleanup
08:00-08:50	Zazen
09:00-09:50	Zazen+Kinhin
10:00-10:50	Zazen+Kinhin
11:00-11:50	Zazen
12:00-01:00	Lunch (Oryoki)
01:00-01:55	Break
02:00-02:50	Zazen+Kinhin
03:00-03:50	Zazen+Kinhin
04:00-04:50	Zazen+Kinhin
05:00-05:50	Zazen+Kinhin
06:00-06:25	Supper
06:30-07:25	Zazen
07:30-07:40	Service
07:40-08:05	Zazen+Kinhin
08:05-08:30	Zazen (+Kinhin)
08:30-08:55	Zazen (Class)
09:00 PM	Close Zendo

Total Zazen: 11.5 hours

Those who have experienced this “no frills” kind of extended retreat testify to its effect on the meaning of zazen, and a resultant clarification of the meaning of Buddha’s enlightenment, which we will celebrate by sitting all night on Dec. 8th. Please commit to follow the schedule if possible or join for the portion you can.