

## ASZC SANGHA SESSHIN

### DAILY SCHEDULE

Sangha Sesshin is an opportunity for you to deepen your understanding of the chants and protocols of Soto Zen Buddhism in the context of intensive zazen. All chant materials will be provided and the sesshin leader will deliver a series of talks on the subject, and facilitate study periods and dialog. During Dharma Sesshin you are encouraged to read only the material that is assigned. In this way you will be able to focus on the content offered, and through zazen, more fully integrate the content of the teaching into your direct experience. Please follow the schedule to the degree that you can:

### TUESDAY PM

07:00-07:30	Orientation
07:30	Open Zendo
07:30-09:00	Zazen+Kinhin (3 @ 25-05)
09:00 PM	Close Zendo

### WED-SAT AM-PM

06:00 AM	Open Zendo
06:00-07:30	Zazen+Kinhin
07:30	Service (3 @ 25-05)
07:30-08:00	Cleaning
08:00-09:00	Breakfast (Buffet)
09:00-10:30	Zazen+Kinhin (3 @ 25-05)
10:30-11:30	Chant / Protocol
11:30-12:00	Talk & Tea
12:00-01:00	Lunch (Buffet / Oryoki)
01:00-02:00	Break
02:00-03:30	Zazen+Kinhin (3 @ 25-05)
03:30-04:30	Chant / Protocol
04:30-06:00	Zazen+Kinhin (3 @ 25-05)
06:00-06:30	Break
06:30-07:30	Supper
07:30	Open Zendo
07:30-09:00	Zazen+Kinhin
09:00 PM	Close Zendo

### SUNDAY AM

06:00 AM	Open Zendo
06:00-07:30	Zazen+Kinhin (3 @ 25-05)
07:30	Service
07:30-08:00	Cleaning
08:00-09:00	Breakfast
09:00	Newcomers
09:00-10:30	Zazen+Kinhin (3 @ 25-05) (Newcomers)
10:30-11:00	Hanamatsuri Service
11:00-12:00	Talk & Tea
12:00-01:00	Lunch (Invitational)