

Buddha's Birthday Sesshin
Warm Jewel Temple

5:20 Zazen (optional)
5:50 Kinhin
6:00 Zazen
6:40 Service
7:00 Breakfast
7:45 Break

8:30 Zazen
9:10 Kinhin
9:20 Zazen
10:00 Kinhin/Rest
10:20 Lecture
11:00 Kinhin
11:10 Zazen
11:50 Service
12:00 Lunch
12:45 Break

1:30 Work Practice
2:20 Tea
2:40 Zazen
3:20 Kinhin
3:30 Zazen
4:00 Rest
4:30 Zazen
5:10 Kinhin
5:20 Zazen
5:50 Service
6:00 Dinner
6:30 Break

7:00 Zazen
7:35 Kinhin
7:45 Zazen
8:20 Refuges
8:30 End of Day

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1:30 Work Practice
2:20 Tea
2:40 Zazen
3:20 Kinhin
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4:30 Zazen
5:10 Kinhin
5:20 Zazen
5:50 Service
6:00 Dinner
6:30 Break

7:00 Zazen
7:35 Kinhin
7:45 Zazen
8:20 Refuges
8:30 End of Day

Buddha's Birthday Sesshin
Warm Jewel Temple
Sunday Schedule

5:20 Zazen (optional)
5:50 Kinhin
6:00 Zazen
6:40 Service
7:00 Breakfast
7:45 Break

8:30 Zazen
9:10 Kinhin
9:20 Zazen
10:00 Kinhin/Rest
10:20 Lecture
11:00 Kinhin
11:10 Zazen
11:50 Service
12:00 Lunch
12:45 Clean-up
2:00 End of Sesshin

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Sunday Schedule

5:20 Zazen (optional)
5:50 Kinhin
6:00 Zazen
6:40 Service
7:00 Breakfast
7:45 Break

8:30 Zazen
9:10 Kinhin
9:20 Zazen
10:00 Kinhin/Rest
10:20 Lecture
11:00 Kinhin
11:10 Zazen
11:50 Service
12:00 Lunch
12:45 Clean-up
2:00 End of Sesshin