

# Daily Schedule

*Rohatsu Sesshin 2023*

7:00 a.m.	Zazen (sitting meditation)
7:40	Service
8:00	Breakfast / dishes / break

9:30	Zazen
10:00	Kinhin (walking meditation)
10:10	Dharma talk
11:05	Interval
11:15	Zazen
11:45	Service
12:00	Lunch / dishes

1:00 p.m.	Formal rest in zendo
1:40	Prepare for work period
1:45	Work period
3:00	Informal tea
3:30	Zazen
4:00	Kinhin
4:10	Zazen
4:40	Kinhin
4:50	Zazen
5:20	Service
5:30	Supper / dishes/ break

7:00	Zazen
7:30	Kinhin
7:40	Zazen
8:10	Kinhin
8:20	Zazen
8:50	Three refuges
9:00	End of day