

AZG Sesshin Schedule

This is the standard schedule for multi-day sesshin; specific sesshin schedules, when different, will be posted in the Event announcements.

First Evening of sesshin

7:30pm zazen
8:00pm kinhin
8:10pm Opening Talk
8:50pm service
9:00pm exit

Full Day Schedule

6:30am zazen
7:00am kinhin
7:10am zazen
7:40am service
7:50am breakfast

9:00am zazen
9:30am kinhin
9:40am zazen
10:10am forest kinhin
11:10am zazen
11:40am kinhin
11:50am service

12:00pm lunch
1:30pm work period
2:45pm clean up
3:00pm tea together
3:30pm zazen
4:00pm kinhin
4:10pm zazen
4:40pm kinhin
4:50pm zazen
5:20pm kinhin
5:30pm dinner

7:00pm zazen
7:30pm kinhin
7:40pm Dharma talk
8:50pm service
9:00pm exit

Last Day of Sesshin

same as above until 4:40pm
4:40pm closing circle