

## Floating Zendo Sesshin Schedule, August 19-26, 2011

<b>Friday, Aug. 19</b>	4–6 pm	Registration & Oryoki instruction
	6:00	Dinner & Clean-up
	7:30	Zazen
	8:10	Opening Remarks
		Refuges & Bows
<b>Saturday &amp; Monday</b>	5:30 am	Wake-up Bell
	6:00	Zazen
	6:40	Kinhin
	6:50	Zazen
	7:20	Service
	7:35	Breakfast
		Soji (10 minutes)
		Break
	9:30	Zazen
	10:10	Kinhin
	10:20	Zazen
	11:00	Outside Kinhin
	11:30	Zazen
	12:10	Lunch
		Break
	2:00	Work Period
	3:30	Clean-Up
	3:45	Tea/Talk
	4:30	Kinhin
	4:40	Zazen
	5:20	Kinhin
	5:30	Zazen
	6:00	Dinner
	Break	
7:15	Zazen	
7:45	Kinhin	
7:55	Zazen	
8:25	Kinhin	
8:35	Zazen	
9:00	Refuges & Bows	

## Floating Zendo Sesshin Schedule, *(continued)*

**Sunday, Aug.21**

5:30 am	Wake-up Bell
6:00	Zazen
6:40	Kinhin
6:50	Zazen
7:20	Service
7:35	Breakfast
	Soji (10 minutes)
	Break
9:30	Zazen
10:00	Kinhin
10:10	Zazen
10:50	Kinhin
11:00	Zazen
11:30	Kinhin
11:40	Talk
12:30	Lunch
	Break
2:15	Work Period
3:20	Clean-Up
3:35	Tea
4:00	Kinhin
4:10	Zazen
4:50	Kinhin
5:00	Zazen
5:40	Kinhin
5:50	Dinner
	Break
7:15	Zazen
7:45	Kinhin
7:55	Zazen
8:25	Kinhin
8:35	Zazen
9:00	Refuges & Bows

Weekly Sunday  
Program –  
**no social  
lunch**

Floating Zendo Sesshin Schedule, *(continued)*

**Tuesday &  
Wednesday**

5:30 am	Wake-up Bell
6:00	Zazen
6:40	Kinhin
6:50	Zazen
7:20	Service
7:35	Breakfast
	Soji (10 minutes)
	Break
9:30	Zazen
10:10	Kinhin
10:20	Zazen
11:00	Outside Kinhin
11:30	Zazen
12:10 pm	Lunch
	Break
2:00	Zazen
2:40	Kinhin
2:50	Zazen
3:30	Kinhin
3:40	Tea/Talk
4:20	Kinhin
4:30	Zazen
5:10	Kinhin
5:20	Zazen
6:00	Dinner
	Break
7:15	Zazen
7:45	Kinhin
7:55	Zazen
8:25	Kinhin
8:35	Zazen
9:00	Refuges & Bows

Floating Zendo Sesshin Schedule, *(continued)*

**Thursday**

5:30 am	Wake-up Bell
6:00	Zazen
6:40	Kinhin
6:50	Zazen
7:20	Service
7:35	Breakfast
	Soji (10 minutes)
	Break
9:30	Zazen
10:10	Kinhin
10:20	Zazen
11:00	Outside Kinhin
11:30	Zazen
12:10 pm	Lunch
	Break
2:00	Zazen
2:40	Kinhin
2:50	Zazen
3:30	Kinhin
3:40	Shosan Ceremony
4:45	Kinhin
4:55	Tea
5:20	Kinhin
5:30	Zazen
6:00	Dinner
	Break
7:15	Zazen
7:45	Kinhin
7:55	Zazen
8:25	Kinhin
8:35	Zazen
9:00	Refuges & Bows

**Floating Zendo Sesshin Schedule, (continued)**

**Friday, Aug. 26**

5:30 am	Wake-up Bell
6:00	Zazen
6:40	Kinhin
6:50	Zazen
7:20	Service
7:35	Closing Remarks
7:55	Social Breakfast
	Pack Personal Items/Clean-Up

**End of Sesshin**