

Rohatsu 2016 Schedule

Sunday Evening (December 4)

6:30-7:00 Arrive, check in

7-7:35 Zazen

7:35 Kinhin

7:45 Zazen

8:15 Kinhin

8:25 Zazen

9:00 Vespers

9:40 Lights Out

Monday through Saturday

4:30am Wake-up bell

5:00 Zazen

5:25 Posture adjustment bell

5:50 Kinhin

6:00 Zazen

6:25 Posture adjustment bell

6:50 Kinhin

7:00 Zazen

7:30 Morning Service

8:00 Temple cleaning / Soji

8:30 Oryoki

9:00 Kitchen cleanup

9:25 Work Practice

11:00 Zazen

11:25 Posture adjustment bell

11:25 Zazen

11:50 Kinhin

12:00 Zazen

12:30pm Dharani Chant

12:45 Oryoki

1:20 Kitchen cleanup

1:45 Rest/exercise

3:00 Evening Service

3:10 Zazen

3:40 Kinhin

3:50 Zazen

4:20 Kinhin

4:30 Zazen

5:00 Study

5:30 Oryoki

6:00 Kitchen cleanup

6:15 Break

7:00 Zazen (with Dharma Talk)

7:35 Kinhin

7:45 Zazen

8:15 Kinhin

8:25 Zazen

9:00 Formal Tea, Vespers

10:00 Lights out

Sunday Morning (December 11)

5:00am Wake-up bell

5:30 Zazen

6:00 Closing

6:30 Temple cleaning / Soji

7:00 Breakfast

7:30 Kitchen cleanup