

Rohatsu 2019 Schedule

Sunday Evening

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
8:20 Oryoki
9:00 Kitchen cleanup
9:15 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
7:35 Kinhin
7:45 Zazen (with Dharma Talk)
8:15 Kinhin
8:25 Zazen
9:00 Formal Tea, Vespers
10:00 Lights out

Sunday Morning

4:30am Wake-up bell
5:00 Zazen
6:00 Closing
6:30 Temple cleaning / Soji
7:00 Breakfast
7:30 Kitchen cleanup

8:30 Zazen
9:40 Morning Service
10:30 Shuso Hossen
11:30 Community Lunch