

Sejiki Retreat

Wednesday, Oct 28 - Sunday, Nov 1

Wednesday Evening

(Retreat Begins)
 7pm Evening Service
 7:10 Zazen
 7:45 Kinhin
 7:55 Zazen, Dharma Talk
 8:30 Kinhin
 8:40 Zazen
 9:10 Formal Tea
 9:25 Vespers
 9:40 Rest



Thursday - Saturday

4:30am Rise	3:10 Zazen
5:00 Zazen	3:40 Kinhin
5:50 Kinhin	3:50 Zazen
6:00 Zazen	4:30 Kinhin
6:50 Full Morning Service	4:40 Zazen
7:20 Soji	5:10 Break
7:50 Oryoki Breakfast	5:30 Oryoki Dinner
8:25 Clean-up	6:10 Reflection / Study
8:45 Work	7pm Zazen
10:30 Zazen	7:35 Kinhin
11:00 Kinhin	7:45 Zazen, Dharma Talk
11:10 Zazen	8:20 Kinhin
12:10 Service	8:30 Zazen
12:30 Oryoki Lunch	9:00 Formal Tea
1:15pm Rest / Exercise	9:15 Vespers
3:00 Evening Service	9:30 Rest

Sunday

4:30am Rise
 5:00 Zazen
 5:50 Kinhin
 6:00 Zazen
 6:30 Short Service
 6:45 Soji
 7:00 Oryoki Breakfast
 7:45 Work / Rehearsal
 8:45 Zazen
 9:15 Kinhin
 9:25 Zazen
 10:00 Sejiki Festival
 10:45 Zazen
 Noon Oryoki Lunch
 12:45pm Rest / Exercise
 3:00 Evening Service
 3:10 Zazen
 3:40 Kinhin
 3:50 Zazen
 4:30 Kinhin
 4:40 Zazen
 5:10 Break
 5:30 Oryoki Dinner
 6:10 Reflection / Study
 7:00 Zazen
 7:50 Kinhin
 8:00 Zazen
 8:30 Sejiki Toro
 9:00 Informal Tea
 (Sejiki Festival & Retreat Ends)

