

# Three Robes Sesshin September 2021

## Tuesday Evening

5:30pm .....Arrival, Informal Dinner  
6:30 .....Oryoki & Job Instruction  
7:30 .....Zazen (with brief teisho)  
9:00 .....Vespers  
9:10 .....Zazen/To Bed

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## Wednesday - Friday

5:00 .....Wake-up Bell  
5:30 .....Zazen  
6:20 .....Full Morning Service  
7:45 .....Oryoki Breakfast  
8:30 .....Work Practice  
10:30 .....Zazen  
12:35pm.....Oryoki Lunch  
1:30 .....Rest / Exercise  
2:30 .....Evening Service  
2:45 .....Zazen  
5:30 .....Informal Silent Dinner  
7:00 .....Zazen  
8:00 .....Teisho  
9:00 .....Vespers  
9:10.....Zazen/To Bed

## Saturday

5:00 .....Wake-up Bell  
5:30 .....Zazen  
6:20 .....Full Morning Service  
7:45 .....Oryoki Breakfast  
8:30 .....Work Practice  
10:30 .....Zazen  
12:35pm.....Oryoki Lunch  
1:30 .....Rest / Exercise  
2:30 .....Evening Service  
2:45 .....Zazen  
4:00 .....Mondo  
5:30 .....Informal Silent Dinner  
7:00 .....Zazen  
8:00 .....Shosan  
9:10.....Zazen/To Bed