

# Three Robes Sesshin June 2023

## Tuesday Evening

6:00pm.....Arrival & check-in  
7:30..... Zazen (w/brief teisho)  
9:00..... Vespers  
9:10..... To bed, optional zazen

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## Wednesday–Friday

5:00am.....Wake-up Bell  
5:30..... Zazen  
6:50..... Morning Service  
7:20..... Soji  
7:45..... Oryoki Breakfast  
8:30..... Work Practice  
10:30..... Zazen  
12:35pm... Oryoki Lunch  
1:30..... Rest / Exercise  
3:00..... Evening Service  
3:15..... Zazen  
5:30..... Informal Silent Dinner  
7:00..... Zazen  
8:00..... Teisho  
9:00..... Vespers  
9:10..... To bed, optional zazen

## Saturday

5:00am.....Wake-up Bell  
5:30..... Zazen  
6:50..... Morning Service  
7:20..... Soji  
7:45..... Oryoki Breakfast  
8:30..... Work Practice  
10:30..... Zazen  
12:35pm... Oryoki Lunch  
1:30..... Rest / Exercise  
3:00..... Evening Service  
3:15..... Zazen  
4:00..... Mondo  
5:30..... Informal Silent Dinner  
7:00..... Zazen  
8:00..... Shosan  
9:15..... Closing statements,  
sesshin end

