

# Three Robes Sesshin

## June 18-22, 2024

### *Tuesday Evening*

6:00p Arrival and check-in  
7:00 Zazen (with teisho)  
9:00 Vespers  
9:10 To bed, optional zazen

### *Wednesday through Friday*

5:00a Wake-up Bell  
5:30 Zazen  
6:50 Morning Service  
7:20 Soji  
7:45 Oryoki Breakfast  
8:30 Work Practice  
10:30 Zazen  
12:35p Oryoki Lunch  
1:30 Rest and Exercise  
3:00 Evening Service  
3:15 Zazen  
5:30 Informal Silent Dinner  
7:00 Zazen (with teisho)  
9:00 Vespers  
9:10 To bed, optional zazen

### *Saturday*

5:00a Wake-up Bell  
5:30 Zazen  
6:50 Morning Service  
7:20 Soji  
7:45 Oryoki Breakfast  
8:30 Work Practice  
10:30 Zazen  
12:35p Oryoki Lunch  
1:30 Rest and 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. End.