

Sejiki Retreat

Wednesday, Oct 23 - Sunday, Oct 27

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

5:00 Zazen

5:50 Kinhin

6:00 Zazen

6:50 Full Morning Service

7:20 Soji

7:50 Oryoki Breakfast

8:25 Clean-up

8:45 Work

10:30 Zazen

11:00 Kinhin

11:10 Zazen

12:10 Service

12:30 Oryoki Lunch

1:15pm 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

7pm Zazen

7:35 Kinhin

7:45 Zazen, Dharma Talk

8:20 Kinhin

8:30 Zazen

9:00 Formal Tea

9:15 Vespers

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

8:30 Zazen

9:00 Kinhin

9:10 Zazen

10:00 Sejiki Festival

Zazen

12:00 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 Informal silent 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)