

Three Robes Sesshin

June 2022

Tuesday Evening

6pmArrival
6:30Oryoki & Job Instruction
7:30Zazen (with brief teisho)
9:00Vespers

Wednesday - Friday

5:00Wake-up Bell
5:30Zazen
6:45Full Morning Service
7:15Soji
7:45Oryoki Breakfast
8:30Work Practice
10:30Zazen
12:35pm.....Oryoki Lunch
1:30Rest / Exercise
2:30Evening Service
2:45Zazen
5:30Informal Silent Dinner
7:00Zazen
8:00Teisho
9:00Vespers

Saturday

5:00Wake-up Bell
5:30Zazen
6:20Full Morning Service
7:45Oryoki Breakfast
8:30Work Practice
10:30Zazen
12:35pm.....Oryoki Lunch
1:30Rest / Exercise
2:30Evening Service
2:40Zazen
5:30Informal Silent Dinner
7:00Zazen
8:00Shosan