

JATAKA SESSHIN 7-DAY SCHEDULE

Friday Start PM *Through* Friday End AM

FIRST NIGHT

PM 6:45	Kinhin to basement for formal meal places
7:00	Opening Ceremony followed by zazen
9:30	End of formal zazen: Four Vows

SATURDAY – SUNDAY, Day 1-2

AM 4:00	Wake-up bell	
4:20	Fast Kinhin	
4:30	Zazen and dokusan	
6:30	Formal Breakfast	
7:00	6:10	Work Period
8:15	6:15	Rest period
9:15	6:50	Zazen
10:00	Jataka Tale talk and discussion, zazen	
PM 12:30	Informal Lunch followed by rest period	
2:00	Dogen's Way and dokusan	
4:00	Chanting	
4:20	Calisthenics	
5:00	Zazen and Metta Bhavana practice	
5:30	Dinner, followed by rest period	
7:00	Zazen and dokusan	
9:30	End of formal zazen, Four Vows	
10:00	Refreshments available in kitchen	

MONDAY – THURSDAY, Day 3-6

AM 4:30	Wake-up bell	
4:55	<i>Verse of the Kesa, Way of the Bodhisattva</i>	
5:00	Zazen and dokusan	
6:30	Formal Breakfast followed by unscheduled	
PM 12:30	Lunch <i>ó informal</i>	
5:15	Dinner <i>ó informal</i>	
6:30	Jataka Talk	
7:30	6:00	Kinhin, zazen and dokusan
9:00	End of formal zazen, four vows	
9:30	Refreshments available in kitchen	

FRIDAY MORNING, Day 7

AM 4:55	<i>Way of the Bodhisattva</i> , zazen and dokusan
End of Dokusan	Final words, followed by closing ceremony Housecleaning, breakfast