**Sesshin 2023, October 6th, 7th, 8th**

**Friday**

6:00pm – 6:45pm Tea/Zazen

6:45pm – 7:00pm Kinhin

7:00pm – 7:40pm Dharma Talk

7:40pm – 7:50pm Kinhin

7:50pm – 9:45pm Dokusan/Zazen

9:45pm – 10:00pm Close

**Saturday**

8:00am – 8:45am Morning service/Zazen

8:45am – 9:00am Kinhin

9:00am – 9:45am Tea/coffee; Zazen

9:45am – 10:00am Kinhin

10:00am – 12:00pm Dokusan/Zazen

12:00pm – 1:45pm Lunch & Samu

1:45pm – 2:30pm Tea/Zazen

2:30pm – 2:45pm Kinhin

2:45pm – 3:30pm Dharma talk

3:30pm – 3:45pm Kinhin

3:45pm – 4:30pm Zazen

4:30pm – 4:45pm Kinhin

4:45pm – 5:30pm Zazen

5:30pm – 7:00pm Supper & Samu

7:00pm – 7:35pm Zazen

7:35pm – 7:45pm Kinhin

7:45pm – 9:45pm Dokusan/Zazen

9:45pm Close

**Sunday**

8:00am – 8:45am Morning service/Zazen

8:45am – 9:00am Kinhin

9:00am – 9:45am Tea/coffee; Zazen

9:45am – 10:00am Kinhin

10:00am – 12:00pm Dokusan/Zazen

12:00pm – 12:10pm Kinhin

12:10pm – 12:45pm Zazen

12:45pm Closing/Tea; Informal lunch