

BOULDER ZEN CENTER
Sesshin with Zenki Dillo Roshi

Required practice for online participants in bold

4:00	Wake-up	1:30	Break
4:20	Sesshin-Bell	2:10	Sesshin-Bell
4:30	Zazen	2:20	Zazen / Walk
5:20	Kinhin	3:00	Kinhin
5:30	Zazen	3:10	Zazen
6:10	Kinhin	3:50	Tea
6:20	Zazen	4:10	Teisho Drum/Bell
7:00	Service	4:25	Dharma Talk
7:40	Breakfast	5:15	Break
8:20	Break	5:45	Sesshin-Bell
8:50	Sesshin-Bell	5:55	Zazen
9:00	Zazen	6:35	Service
9:30	Kinhin	6:55	Supper
9:40	Zazen	7:25	Break
10:20	Work Meeting	7:50	Sesshin-Bell
10:30	Work	8:00	Zazen
11:30	Clean-Up	8:30	Kinhin
11:40	Sesshin-Bell	8:40	Zazen
11:50	Zazen	9:20	Hot Drink
12:30	Service	9:30	Bed/Open Sitting
12:50	Lunch		