

# Sesshin Schedule

4:00(am)	Rising Time
4:30	Zazen 1 chu
5:20	Choka (morning chanting)
6:10	Zazen 1 chu
6:50	Shukuza (Break fast)
	Zuiza (Free sitting)
8:30	Zazen 3 chu
11:30	Saiza (Lunch)
	Zuiza
1:20(pm)	Zazen 3 chu
4:00	Banka (Evening chanting)
4:30	Yakuseki (Supper)
	Zuiza
6:20	Zazen 3 chu
8:45	Shiguseiganmon
9:00	Kaichin (Bed time)