

BOULDER ZEN CENTER
Sesshin with Zenki Dillo Roshi

Required practice for online participants in bold

4:00	Wake-up	2:00	Sesshin-Bell
4:20	Sesshin-Bell	2:10	Zazen / Walk
4:30	Zazen	2:50	Kinhin
5:20	Kinhin	3:00	Zazen
5:30	Zazen	3:40	Tea
6:10	Kinhin	4:05	Teisho Drum/Bell
6:20	Zazen	4:20	Dharma Talk
7:00	Service	5:10	Break
7:35	Breakfast	5:40	Sesshin-Bell
8:15	Break	5:50	Zazen
8:45	Sesshin-Bell	6:30	Service
8:55	Zazen	6:55	Supper
9:25	Kinhin	7:25	Break
9:35	Zazen	7:50	Sesshin-Bell
10:15	Work Meeting	8:00	Zazen
11:15	Clean-Up	8:30	Kinhin
11:25	Sesshin-Bell	8:40	Zazen
11:35	Zazen	9:20	Hot Drink
12:15	Service	9:30	Bed/Open Sitting
12:40	Lunch		
1:20	Break		