

QUESTHAVEN SESSHIN – DETAILED SCHEDULE

FULL DAY ONE & FULL DAY TWO

6:00-6:30 Sit
6:30-6:45 Chi Gung
6:45-7:15 Sit
7:15-7:30 Service
7:30-8:10 Oryoki

8:10-8:30 Break
8:30-9:30 Work Practice

9:30-9:50 Break

9:50 –10:20 Eye Gazing
10:20-11:05 Talk
11:05-11:20 Walk
11:20-11:50 Sit
11:50-12:05 Walk
12:05-12:35 Sit
12:35-12:45 Bowing Practice
12:45- 1:30 Oryoki

1:30-2:45 Break

2:45-2:55 Sit
2:55-3:40 Gatha walk
3:40-4:10 Sit
4:10-4:20 Walk
4:20-4:50 Sit
4:50-5:00 Walk
5:00-5:30 Sit
5:30-5:40 Reading Practice
5:40-6:15 Oryoki

6:15-7:00 Break

7:00-7:30 Sit

7:30-7:45 Walk
7:45-8:15 Sit
8:15-8:30 Walk
8:30-8:55 Sit
8:55-9:00 Closing

DAY THREE

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Same as day one and two
8:30-9:30 Work Practice

9:30-9:55 Break

9:55 – 10:25 Sit in Circle Outside
10:25 -10:40 Walk
10:40-11:10 Sit
11:10-11:25 Walk
11:25-12:10 Closing Ceremony

12:10-12:30 Break to pack up rooms
12:30: Final Bow, Turn in keys
to coordinator, eat lunch

FIRST EVENING

7:15-7:25 Orientation
7:30- 8:00 Sit
8:00- 8:10 Walk
8:10-8:40 Sit
8:40-8:45 Closing
8:45-9:00 Orientation to Jobs