

## SESSHIN SCHEDULE

### FIRST DAYS

**6:00 – 7:40** Sitting

7:40 – 7:55 Service

7:55 - 8:40 Oryoki

8:50 – 10:20 Work

10:20 –10:40 Break

**10:40 – 12:20** Sitting

12:20 - 12:30 Bowing

12:30 - 1:15 Oryoki

1:15 – 2:45 Break

**2:45 – 3:00** Sitting

**3:00 – 3:50** Talk

**3:50 – 5:20** Sitting

5:20 – 5:30 Reading

5:30 - 6:15 Oryoki

6:15 - 7:00 Break

**7:00 - 8:55** Sitting

8:55 – 9:00 Closing

### LAST DAY

Same as first days until 11:40

**11:45-12:45** Closing Ceremony

12:45- 3:00 Eat, Clean-up