

ZEN MOUNTAIN MONASTERY

Apple Blossom Sesshin

April 20th – 26th, 2020

All aspects of the schedule that appear in **bold** are available for **Home Participants**. Everything will be available via Livestream unless otherwise specified; Zoom links for teacher meetings will be emailed to you. All other Zoom links are on the Online Sesshin webpage.

Monday

6:00-6:30	Informal Supper for ZMM residents
7:00	Orientation & Precautions for Participants (Zoom)
8:10-9:00	Opening Remarks in the Zendo (Livestream)
9:30 PM	Lights Out

Tuesday-Saturday

3:50 AM	Wake-up
4:30-6:30	Zazen
6:30-6:50	Morning Service
6:50-7:30	Oryoki Breakfast
8:15-9:40	Caretaking Practice
10:00-12:00	Zazen
10:00-10:30	Optional Chi Kung (Sangha House)
12:00-12:15	Noon Service
12:15-1:00	Oryoki Lunch
1:00-2:00	Rest Practice
2:15-5:15	Zazen/Dharma Talk
5:15-5:30	Evening Service
5:30-6:00	Informal Supper
7:00-9:00	Zazen

Thursday: **7:00 PM** **Orientation & Precautions for Home Participants (Zoom)**
(for those who didn't participate in Monday's orientation.)

Friday: **7:00-8:00 PM** **Small Group Meetings with a Teacher (Zoom)**

Saturday: **10:00-11:00 AM** **Small Group Meetings with a Teacher (Zoom)**

8:00 PM **Open Sozan for Home Participants (Zoom)**

Precautions and practice guidelines are lifted for Home participants. Please join us for the Sunday Morning Program, including Dharma Encounter or a Mondo (9 am- 12 pm) via Livestream to conclude sesshin.