

ZEN MOUNTAIN MONASTERY

Ango Sesshin

Monday

3:00-6:00 PM Work Practice
6:00-6:30 Informal Supper
8:10 -9:00 Sesshin Precautions / Opening Remarks
9:30 PM Lights Out

Tuesday-Saturday

3:55 AM Wake-up
4:30-6:30 Zazen/Dokusan/Daisan (Be seated in zendo by 4:20)
6:30-6:50 Morning Service
6:50-7:30 Formal Breakfast (Oryoki)
8:15-9:40 Caretaking Practice (meet in Dining Hall)
10:00-12:00 Zazen/Dokusan/Daisan
10:00-10:30 Optional Chi Kung (Sangha House)
12:00-12:15 Noon Service
12:15-1:00 Formal Lunch (Oryoki)
1:00-2:00 Rest Practice
2:15-5:15 Zazen/Dharma Discourse/Dharma Talk/Seniors Talk
5:15-5:30 Evening Service
5:30-6:00 Informal Supper
7:00-9:00 Zazen/Dokusan/Daisan

Sunday

3:55 AM Wake-up
4:30-6:15 Zazen/Open Sozan/Closing Remarks
6:30-7:00 Informal Breakfast (Dining Hall)
7:45-8:40 Caretaking Practice (meet in Dining Hall)
9:00-9:30 Morning Service
9:30-12:00 Zazen / Dharma Encounter
12:00-1:00 Lunch & Clean Up
1:30 Departure for Sesshin Participants
1:50 Resident Hosan Service
Hosan – (Monastery closed from 2pm Sunday until 2pm Tuesday)