

Zen Mountain Monastery

Non-Ango Sesshin

Monday

4:00-5:30 PM	Arrival & Registration
6:00-6:30	Light Supper
6:45	Sesshin Orientation/ Service Position Training
8:15-9:00	Sesshin Precautions / Opening Remarks (Be in Zendo by 8:10)
9:30 PM	Lights out

Tue. – Sat.

4:20 AM	Wake-up
5:00-6:20	Zazen/Dokusan/Daisan (<i>Be seated in Zendo by 4:55</i>)
6:20-6:40	Morning Service
6:40-7:20	Formal Breakfast (Oryoki)
8:15-10:10	Caretaking Practice (Meet in dining hall)
10:25-10:55	Optional Qi-Gong in Sangha House
10:30-12:10	Zazen/Dokusan/Daisan
12:15-12:30 PM	Noon Service
12:30-1:10	Formal Lunch (Oryoki)
1:15-2:20	Rest Practice
2:45-5:15	Zazen/Dharma Discourse/Dharma Talk/Senior's Talk
5:15-5:30	Evening Service
5:30-6:00	Informal Supper
7:00-9:00	Zazen/Dokusan/Daisan
9:30 PM	Lights out

Sunday

4:20 AM	Wake-up
5:00-6:20	Zazen/Open Sozan/Closing Remarks (<i>Be seated in Zendo by 4:55</i>)
6:30-7:00	Informal Breakfast
7:45-8:45	Caretaking Practice (Meet in dining hall) <i>Silence observed</i>
9:00-9:30	Morning Service
9:30-12:00	Zazen / Dharma Discourse / Dharma Talk / Senior's Talk
12:00-1:00PM	Community Lunch and Clean-up
1:45	Resident Hosan Service
2:00 PM	Hosan - Monastery closed until Tuesday 2:00 PM