

Compassionate Ocean

Rohatsu Sesshin, 2025

— Schedule —

Daily

700 am	Zazen
740	Service
800	Breakfast / dishes / break
930	Zazen
1000	Kinhin
1010	Dharma talk
1100	Interval
1115	Zazen
1150	Service
Noon	Lunch / dishes
115 pm	Formal rest in zendo
155	Prepare for work period
200	Work period
315	Informal tea
330	Zazen
400	Kinhin
410	Zazen
440	Kinhin
450	Zazen
520	Service
530	Supper / dishes/ break
700	Zazen
730	Kinhin
740	Zazen
810	Kinhin
820	Zazen
850	Three refuges
900	End of day

Monday, Dec. 1

700 pm	Opening meeting
740	Zazen
810	Kinhin
820	Zazen
850	Three Refuges
900	End of day

Monday, Dec. 8

700 am	Zazen
740	Service
800	Breakfast / dishes/ break
930	Work period
1015	Interval
1020	Zazen
1050	Kinhin
1100	Zazen
1130	Closing tea
1150	Three refuges
Noon	End of sesshin

There will be a slightly modified schedule on Sunday morning, Dec. 7, with the Dharma talk from 10:00–11:00 A.M.