Compassionate Ocean

Rohatsu Sesshin, 2026

— Schedule —

Daily

700 am	Zazen
740	Service
800	Breakfast / dishes / break
930	Zazen
1000	Kinhin
1010	Dharma talk
1100	Interval
1120	Zazen
1150	Service
Noon	Lunch / dishes
120 pm	Formal rest in zendo
205	Prepare for work period
215	Work period
340	Informal tea
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
700 pm	Opening meeting
740	Zazen

Tuesday, Dec. 1

810	Kinhin
820	Zazen
850	Three Refuges
900	End of day

Tuesday, 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. 6, with the Dharma talk from 10:00–11:00 A.M., preceded by zazen.