

REVISED DETAILED SESSHIN SCHEDULE
FIVE DAY SESSHIN

FIRST DAYS

LAST DAY

7:00 – 7:30 Sitting
7:30 – 7:45 Chi Gung
7:45 – 8:15 Sitting
8:15 – 8:30 Service
8:30 - 9:30 Oryoki, Break

Same as first days until 11:00

9:30 – 10:45 Work
10:45–11:00 Break (*monitor's meeting starts at 10:35*)

11:00 – 11:25 Eye Gazing
11:25 - 11:35 Walking
11:35 – 12:05 Sitting
12:05 – 12:15 Walking
12:15 – 12:45 Sitting
12:45 - 12:55 Bowing
12:55 - 1:30 Oryoki

11:00-11:25 Sit
11:25-11:35 Walk
11:35-11:55 Sit
11:55-12:00 Walk
12:00-12:45 Closing Ceremony
12:45 - 3:00 Eat, Clean-up

1:30 – 2:40 Break
2:40 –2:50 Sitting
2:50 – 3:35 Talk
3:35 – 3:45 Walking
3:45 – 4:15 Sitting
4:15- 4:25 Walking
4:25 – 4:55 Sitting
4:55 – 5:05 Walking
5:05 – 5:25 Sitting
5:25- 5:35 Reading
5:35- 6:15 Oryoki

DAY 3

Same as other days until 1:30
1:30 – 3:00 Break
3:00 - 3:35 Sitting
Same as other afternoons

6:15 - 7:00 Break

7:00- 7:30 Sitting
7:30 – 7:40 Walking
7:40 – 8:30 Open Sitting
8:30 - 8:55 Sitting
8:55 – 9:00 Closing

FIRST EVENING

7:30 – 8:05 Sitting
8:05 – 8:15 Walking
8:15 – 8:45 Sitting
(8:45 – 9:00 Orientation)