Year-End Sesshin
Village Zendo at Garrison Institute
December 26, 2016 – January 1, 2017

Daily Schedule

5:30	Wake up!
6:00	Zazen (be in zendo by 5:55 am)
6:30	Kinhin
6:40	Zazen
7:20	Verse of the Kesa, Service
7:50	Breakfast
9:15	Samu Service
9:20	Samu (Work Practice)
10:25	Clean up
10:40	Dharma Talk (be in zendo by 10:35 am)
11:20	Kinhin
11:30	Zazen
11:55	Service
12:15	Mid-day Meal
1:00	Rest Practice
2:00	Yoga or your own body practice
3:15	Zazen
3:45	Kinhin
3:55	Zazen
4:25	Outside Kinhin
4:45	Zazen
5:15	Service
5:30	Evening Meal
7:00	Zazen
7:30	Kinhin
7:40	Zazen
8:10	Kinhin
8:20	Zazen
8:50	Four Vows
9:30	Lights Out.

*Note: Special new year's eve schedule will begin 3 pm on 12/31 through retreat closing on January 1st.