

Village Zendo at Garrison Institute
Year-End Sesshin
Sample Daily Schedule: December 26 – January 1

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.

A special New Year's Eve schedule will begin at 3:15pm on 12/31